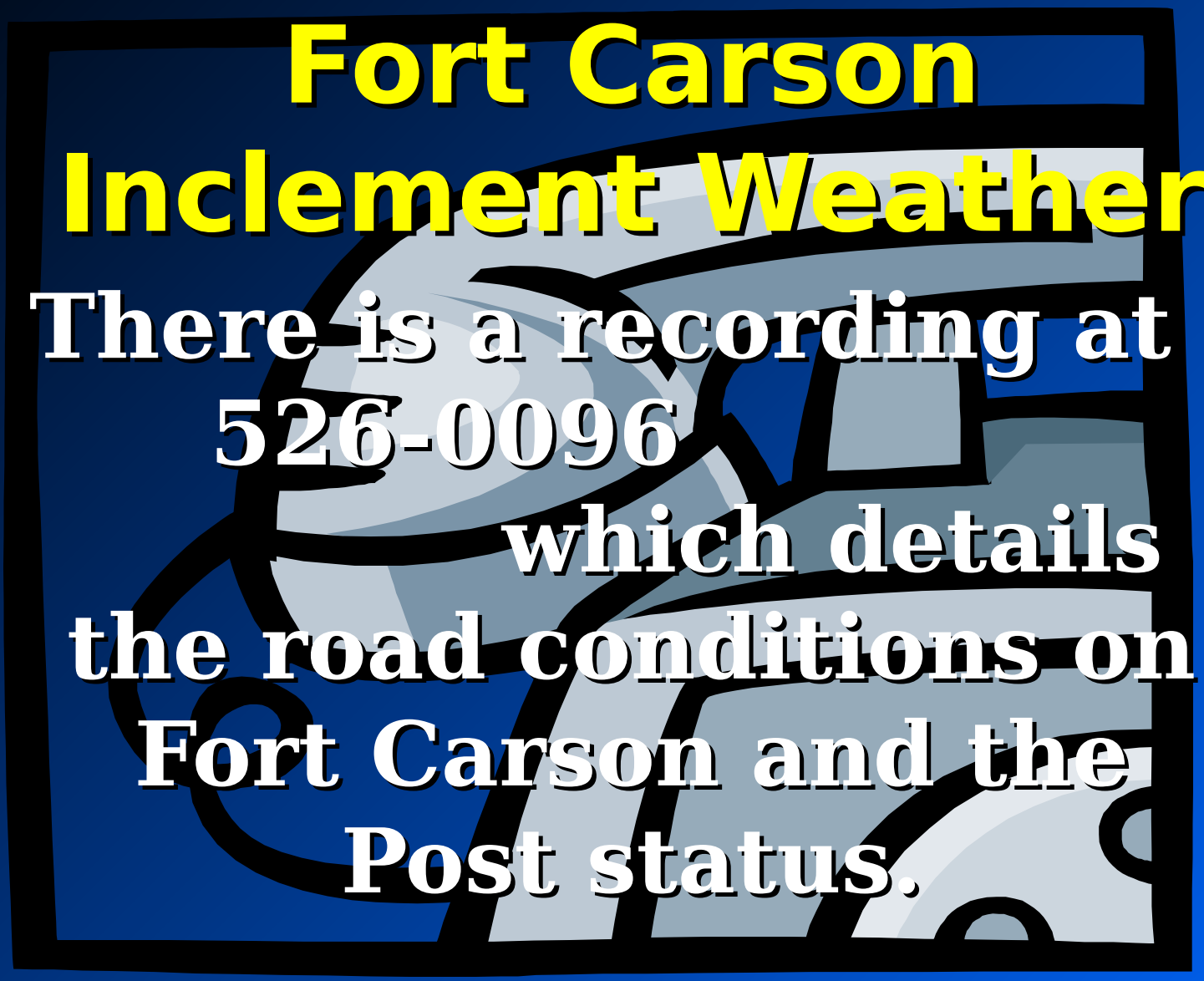
Mountain Post Community Calendar



Fort Carson Inclement Weather

There is a recording at 526-0096 which details the road conditions on Fort Carson and the Post status.

Flu Shots

For current information on Influenza shots, please call the Flu Hotline at 526-6422.

Updated information will be posted as the situation changes.

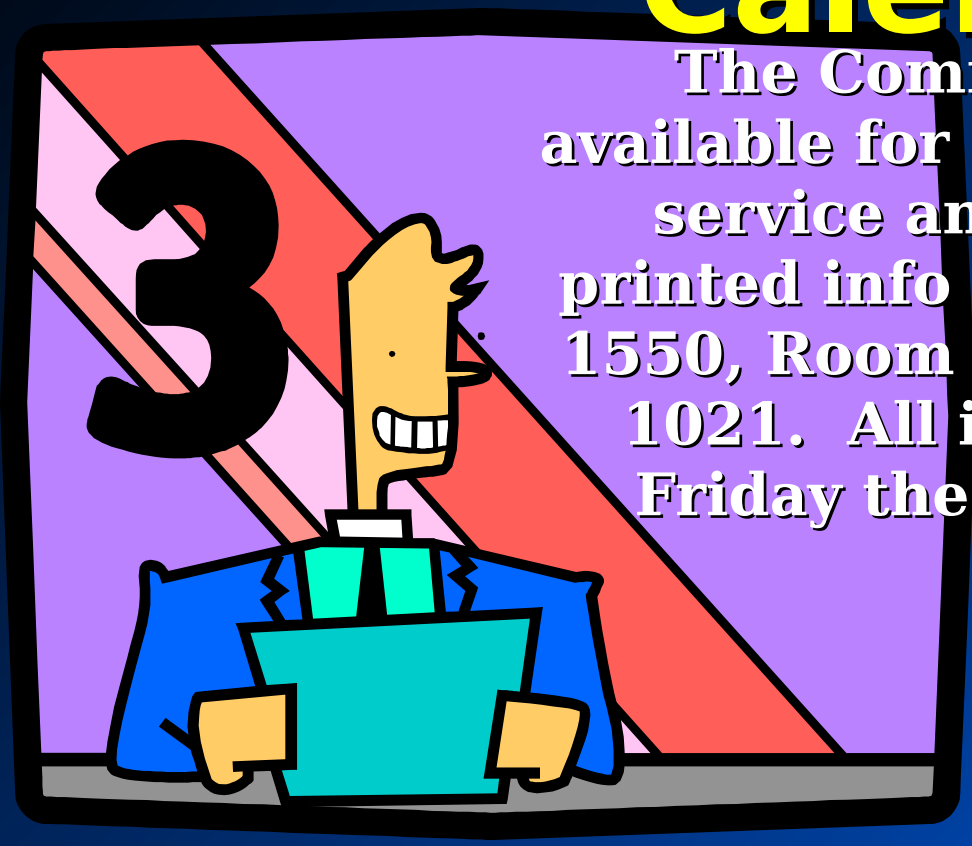
Deploying soldiers will have priority.

Others needing the vaccine should seek out other local sources at this time.

Town Hall Meetings

The Fort Carson Community Forum will air on this channel daily at 9 a.m. and 5:30 p.m.

Community Calendar

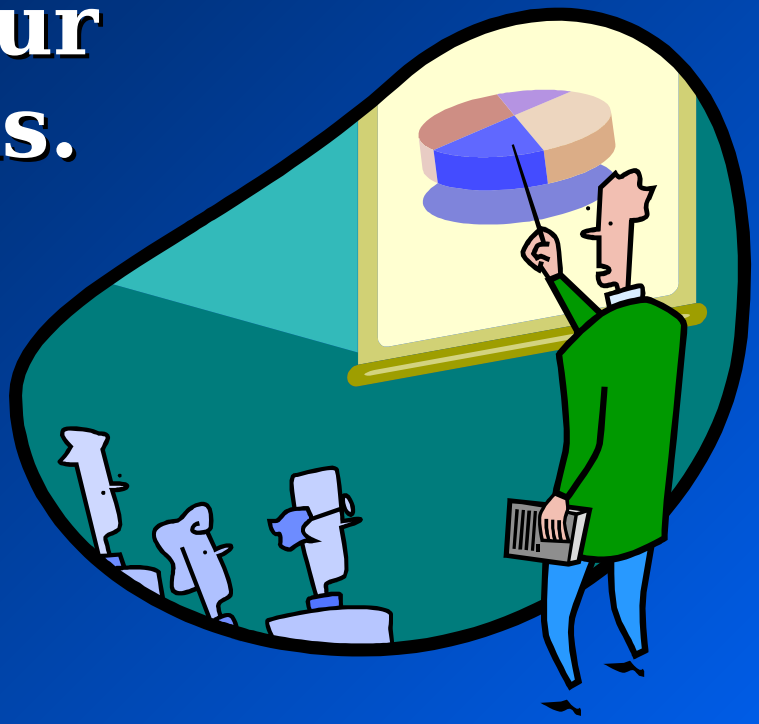


The Community Calendar is available for Fort Carson community service announcements. Send printed info to: PAO, Attn: CI, Bldg 1550, Room 2180. Or fax it to 526-1021. All information is due by Friday the week before desired broadcast.

Training Support Team

The TST can support all your training needs.

Call them at 526-5111



Fort Carson Website

www.carson.army.mil

Maintained by the Fort Carson Public Affairs Office & DOIM

Check out the new Training CD-ROMs At TST

TST has training CDs for units to check out. Subjects include:

M-249 Machine Gun

Fingerprint Ident System

International Road Signs

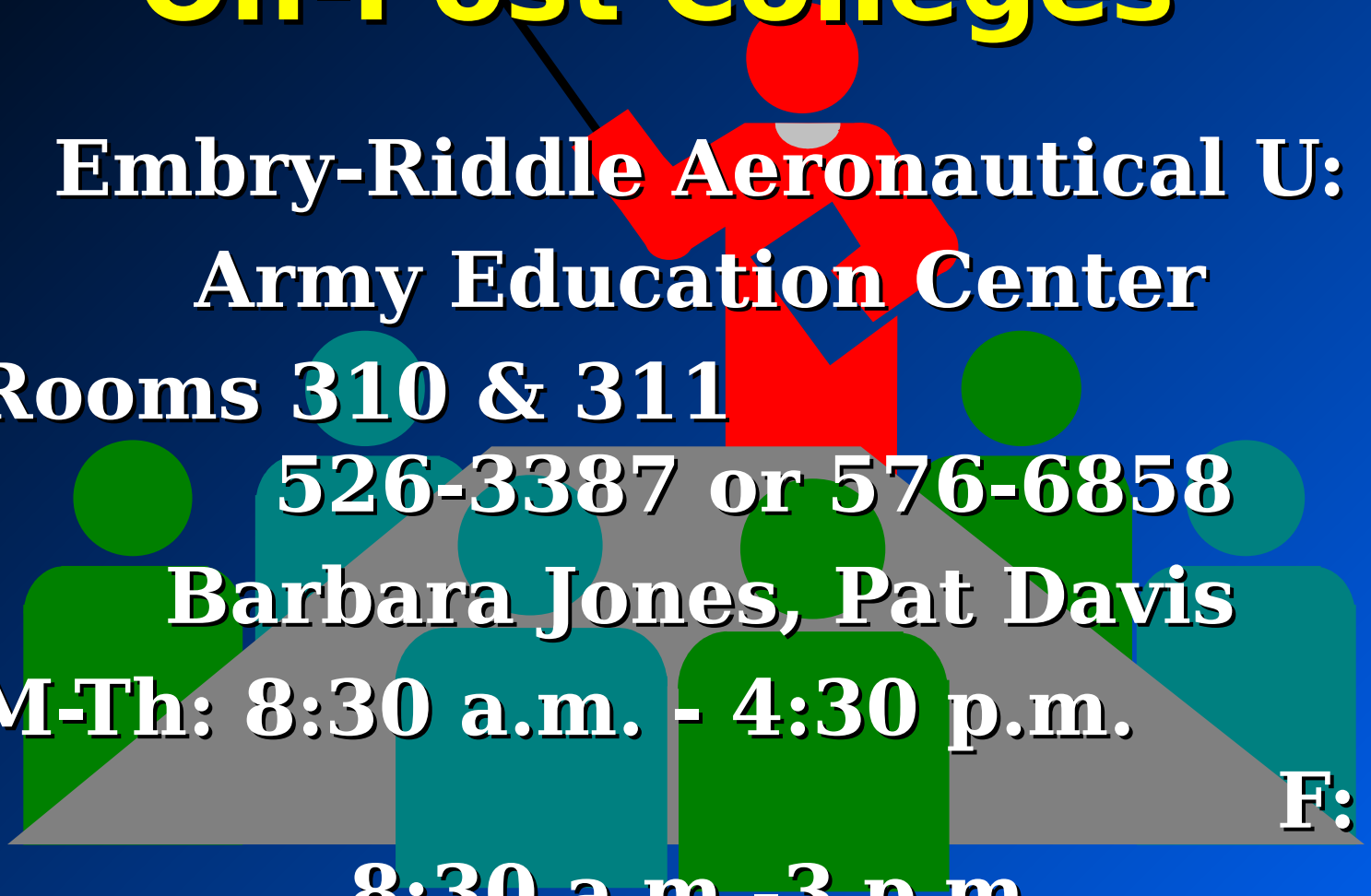
FSB CSS Training

For info, call 526-5111

On-Post Colleges

Troy State University:
Army Education Center
Room 307
526-8073
Marilyn Benson
tsu@pcisys.net

On-Post Colleges



Embry-Riddle Aeronautical U:

Army Education Center

Rooms 310 & 311

526-3387 or 576-6858

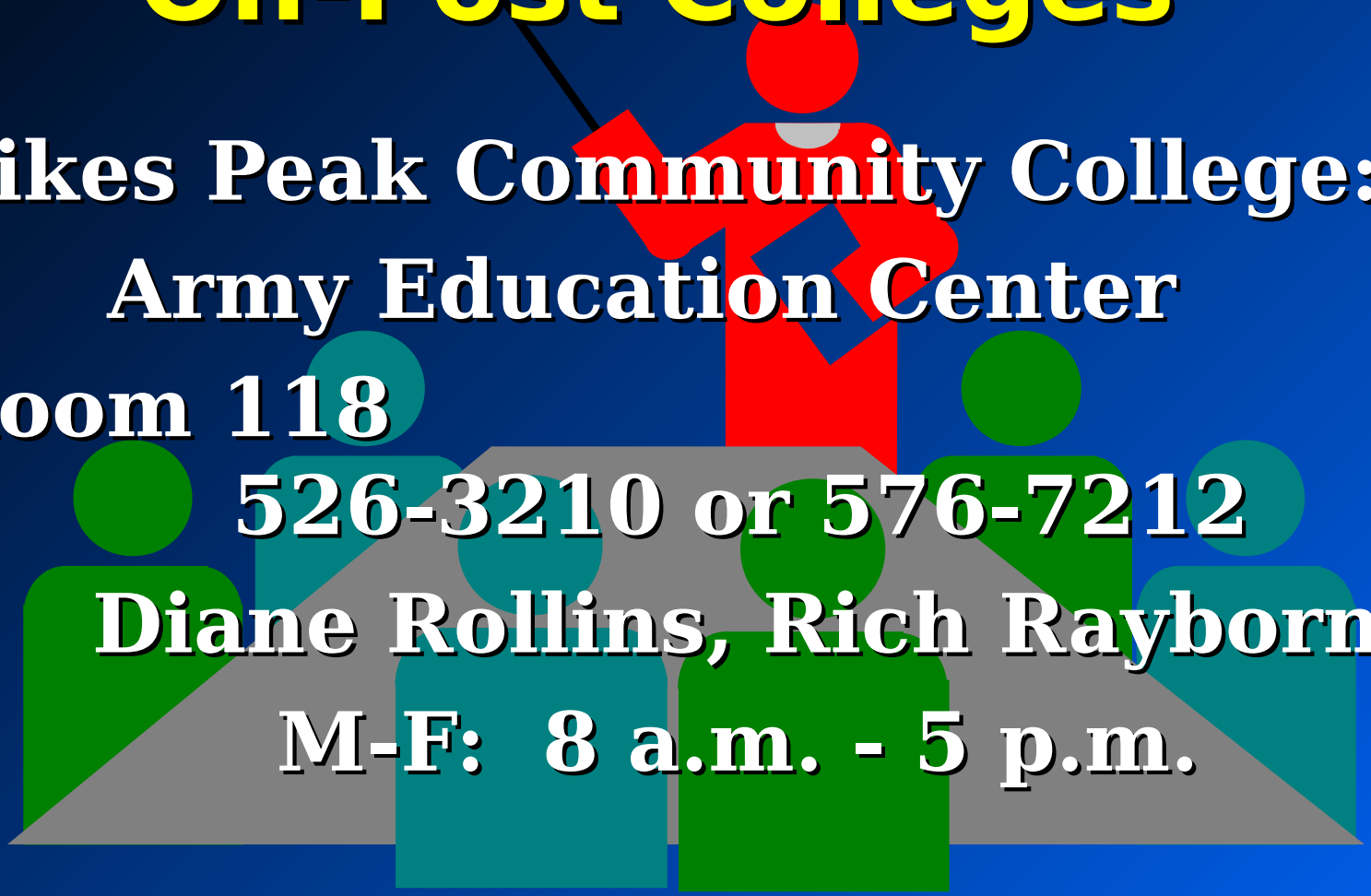
Barbara Jones, Pat Davis

M-Th: 8:30 a.m. - 4:30 p.m.

F:

8:30 a.m.-3 p.m.

On-Post Colleges



Pikes Peak Community College:

Army Education Center

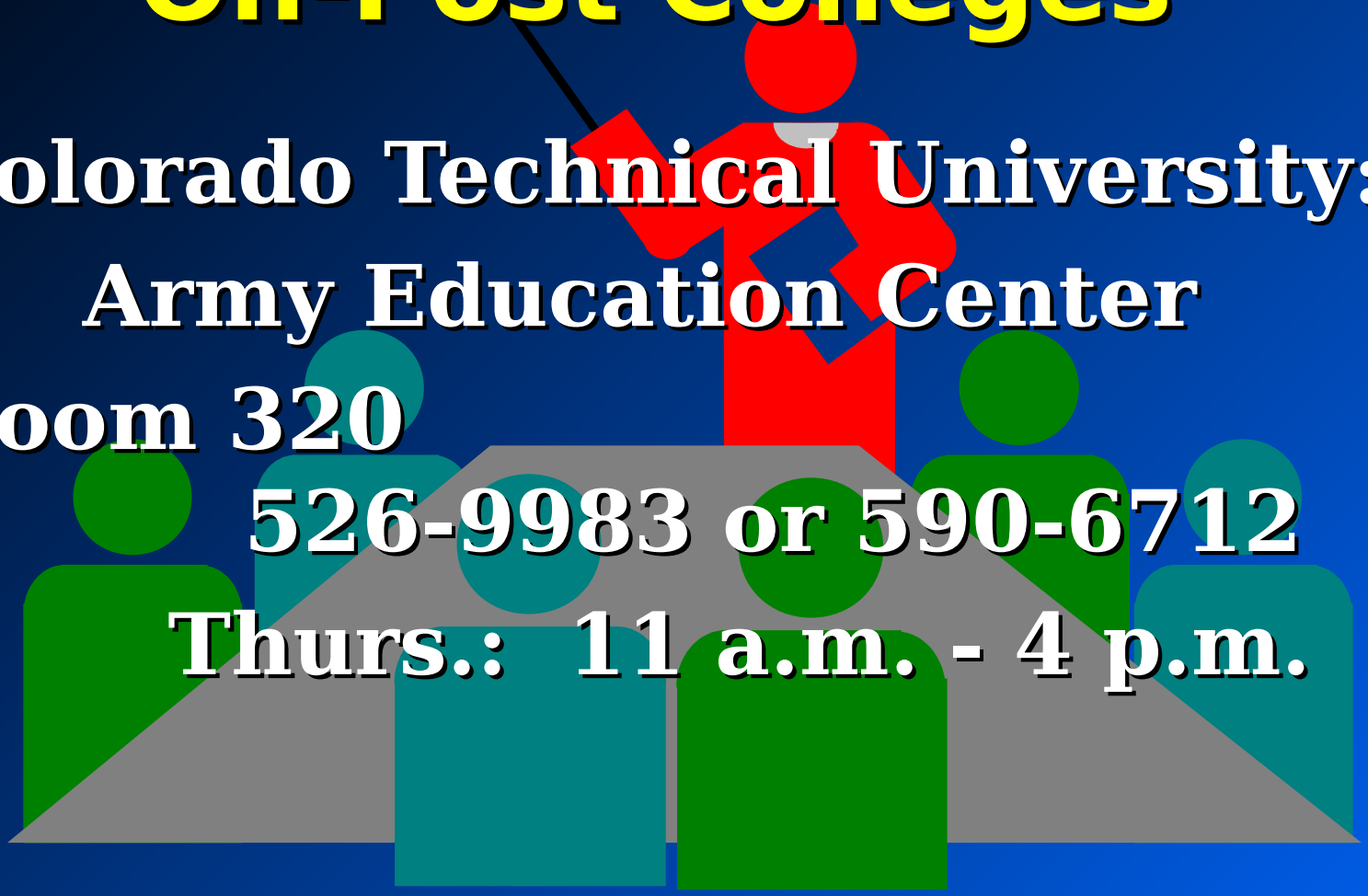
Room 118

526-3210 or 576-7212

Diane Rollins, Rich Rayborn

M-F: 8 a.m. - 5 p.m.

On-Post Colleges



Colorado Technical University:

Army Education Center

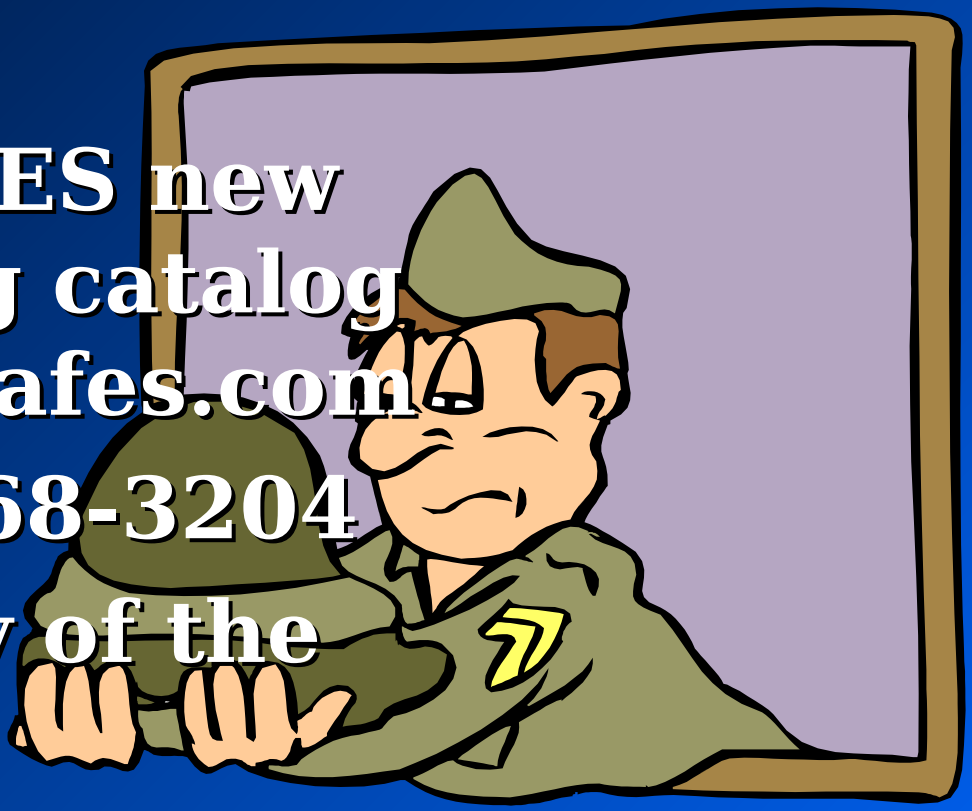
Room 320

526-9983 or 590-6712

Thurs.: 11 a.m. - 4 p.m.

MILITARY CLOTHING CATALOG ON-LINE

Check out AAFES new military clothing catalog on-line at www.aafes.com or call 1-888-768-3204 for a print copy of the catalog



3rd Cavalry Museum: A Window to the past

The 3rd Cavalry Museum is open Monday to Friday from 9 a.m. to 4:30 p.m. Admission is free. For more information, call 526-1368.

ACS's Family Advocacy Program Classes

- Infant Massage
- Nurturing Program
- Strengthening Step-Families

To register or for more information, call 526-4590

Moms----Take a break!

ACS New Parent Support Program offers a Mothers' Support Group every Thurs. from 9-10:30 a.m.

Military family moms with children 6 and under (and moms-to-be) are welcome to attend.

Call 526-4712.

RECYCLE!!!!!!

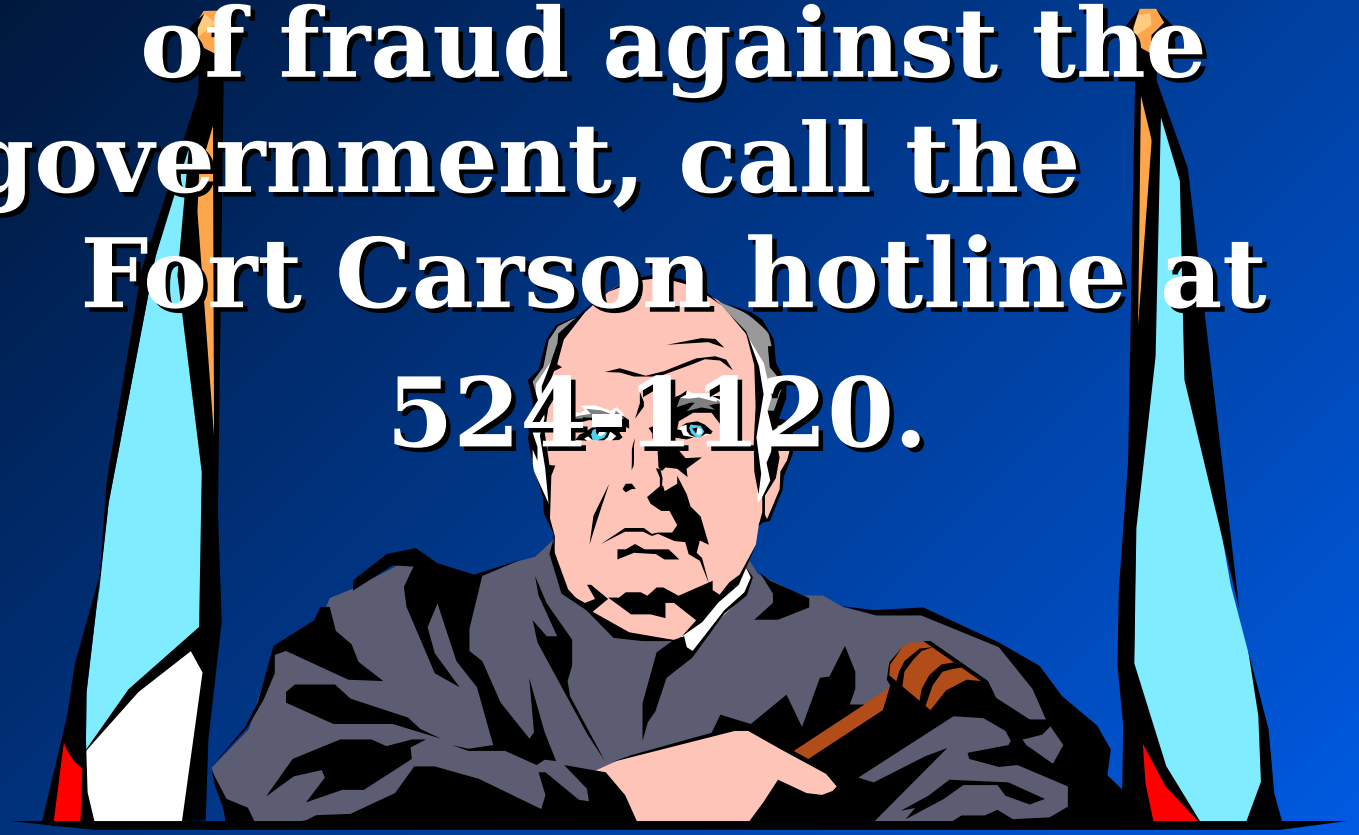
Don’t clog up your trash!
Recyclable materials will be picked up by the trash contractor weekly in the Fort Carson family housing areas.

Pick up is the same day a trash removal.

Place recycle containers next to your trash cans no later than 7 a.m.

Fraud, Waste & Abuse Hotline

To report suspected cases of fraud against the government, call the Fort Carson hotline at 524-1120.



All calls are confidential

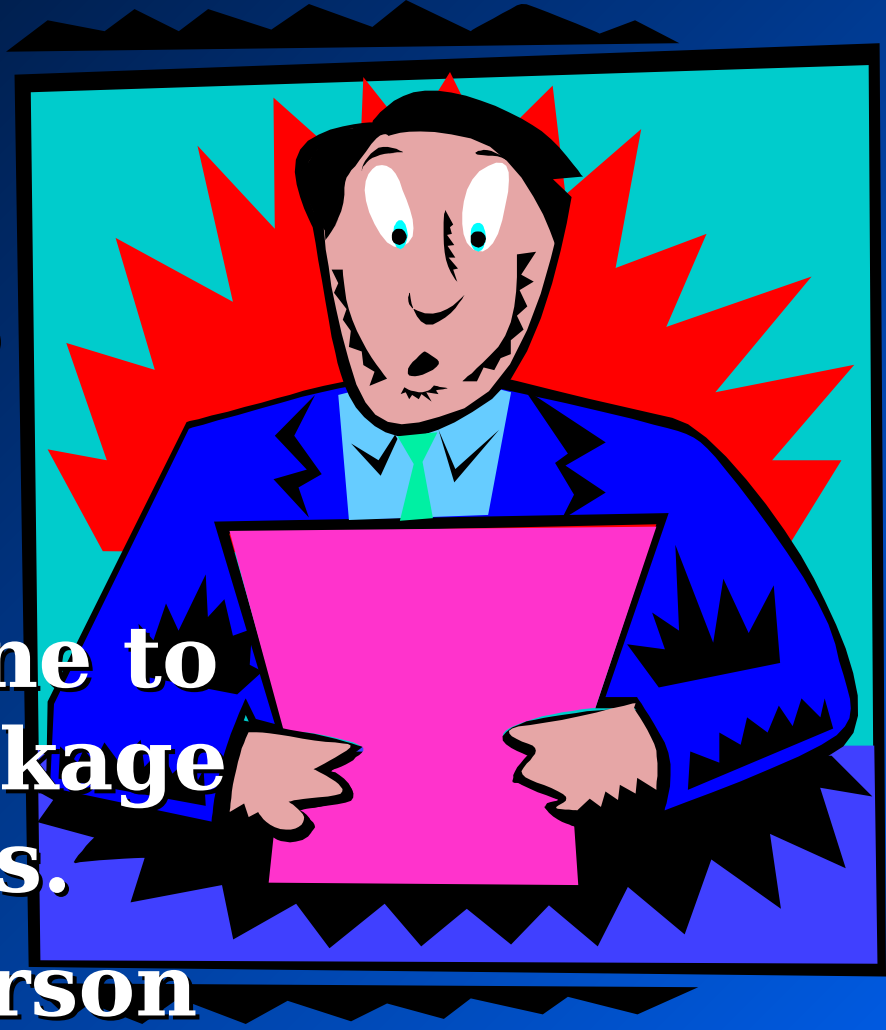
BOSS monthly meetings are held the second and fourth Thursday of each month from 1-3 p.m. at Xtremes. For more info, call 524-2677.

Pentagon Channel

Fort Carson cable TV channel 9 broadcasts The Pentagon Channel.

The new channel broadcasts news programs of interest to all Army personnel.

Federal Job Applications



CPAC has now gone to the RESUMIX package to fill vacancies.

Visit the Fort Carson CPAC in Bldg. 1550, to find out about this process.

NAF Civilian Personnel Vacancies

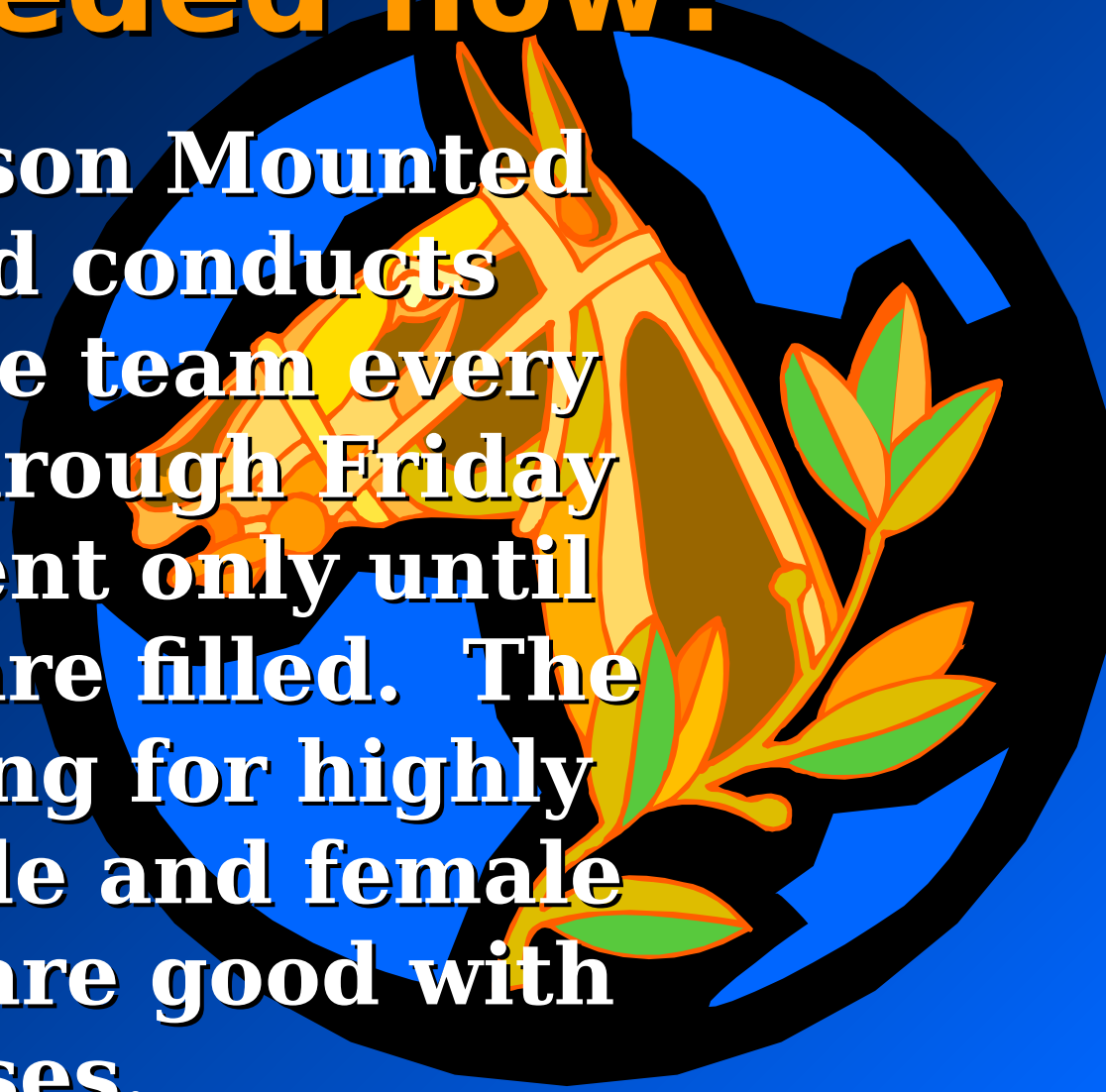
The Nonappropriated Fund (NAF) Civilian Personnel Office has vacancies for the several positions. Applications may be received Monday through Friday 8:30 a.m. to 4p.m. at the NAF CPO, 1500 Wetzel Ave., Family Readiness Center, Rm 153. For more information call 526-4445.

Breast Cancer Awareness

TRICARE conducts breast health classes at the Mountain Post Wellness Center on Mondays, Wednesdays and Thursdays.

Call 264-5000 for more information or to register for classes.

Riders needed now!



The Fort Carson Mounted Color Guard conducts tryouts for the team every Wednesday through Friday by appointment only until its vacancies are filled. The team is looking for highly motivated male and female soldiers who are good with horses.

3rd Bde., 4th Infan. Div.

ReUp Team

Senior Counselor
526-4549

1/8IN/64 FSB
526-1629

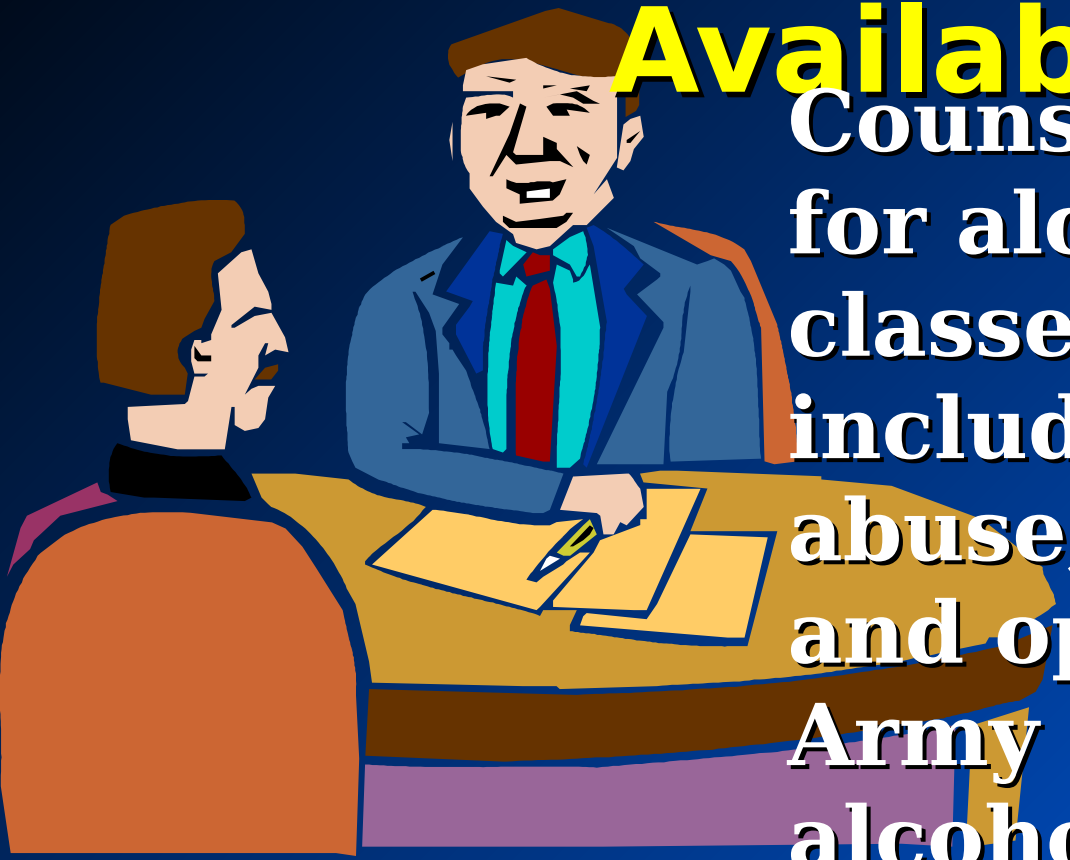
1/12IN/1-68 AR
526-4762

3/29Arty/4ENG
526-4762

RC Career Counselor

Stay Army Team

Drug, Alcohol Abuse Counselors Available



Counselors available for alcohol and drug classes. Classes include substance abuse, seeking help, and operation of the Army drug and alcohol rehabilitation programs.

3rd Armored Cavalry Regiment

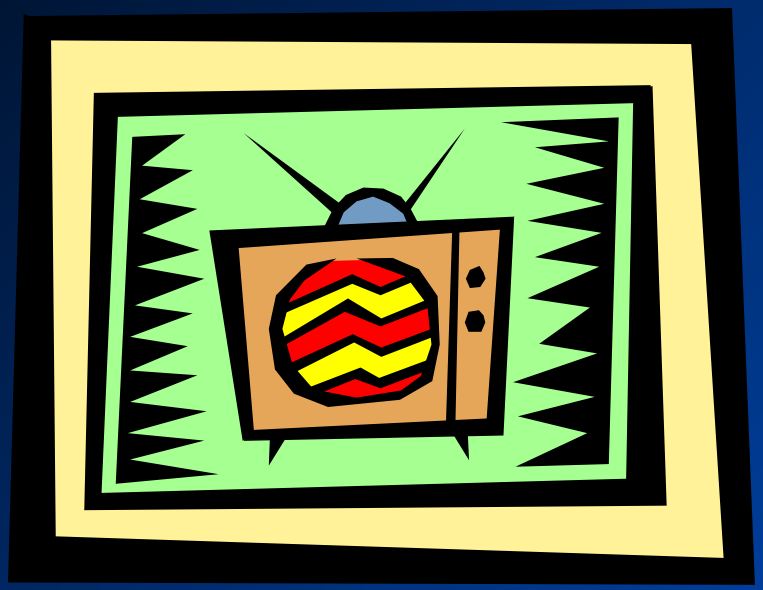
Sr Counselor or 526-3417	524-0160
1/3 Squadron	524-1913
2/3 Squadron	524-1908
3/3 Squadron	524-1908
4/3 Squadron	526-3810
Support Squadron	526-8455

Be another Lois Lane or Clark Kent

The Mountaineer is always looking for well-written articles and photos for publication.

If you would like to be a contributor, contact the editor at 526-4144 or stop by their offices in Bldg. 1550.

Channel 9



The Pentagon Channel now runs on Channel 9. News programs include Army Newswatch and other Army-related news shows.

Did you know?

All males between the ages of 18 and 25 are required to register with the Selective Service System.

To register, pick up a form at any Post Office or visit the Selective Service web site at www.sss.gov .

FORT CARSON
THE MOUNTAIN POST

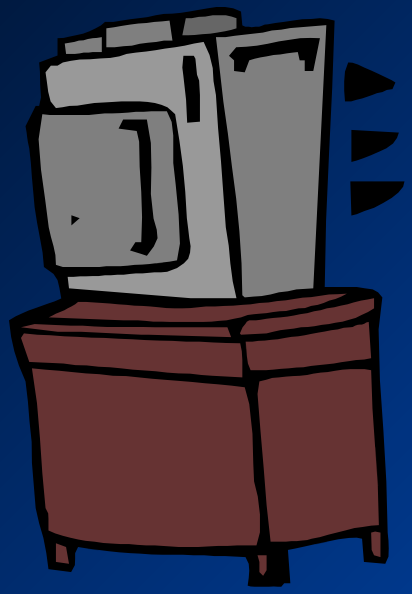
Green to Gold

Green to Gold program ROTC recruiter's brief is conducted every Tuesday at the Education Center, Bldg. 1117 from

:30 a.m. to 12:30 p.m.

more information, call 262-3236.

Channel 10



Air Force News, a biweekly news program on current Air Force events, airs daily at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Fort Carson ReUp Team

Post ReUp SGM
526-3044

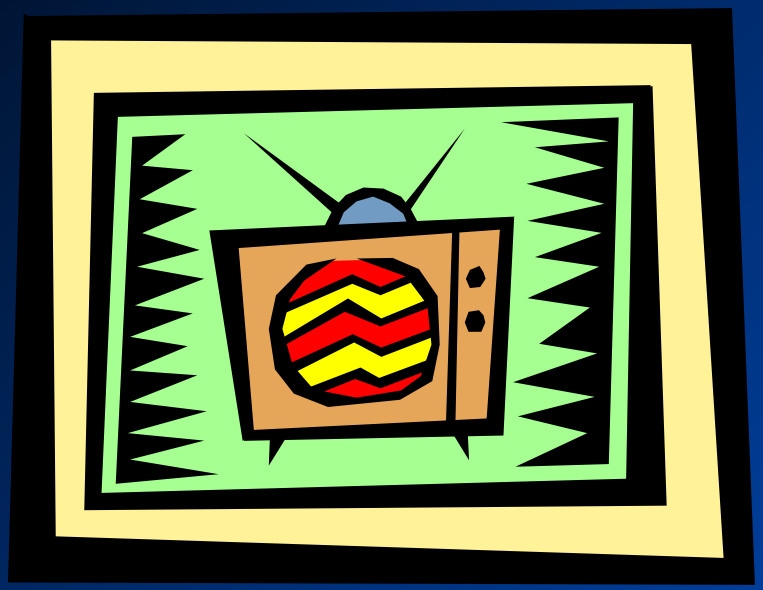
Opns NCO
526-3983

Sep Unit/ Asst Opns
526-3045

RC Trans SGM 526-2509

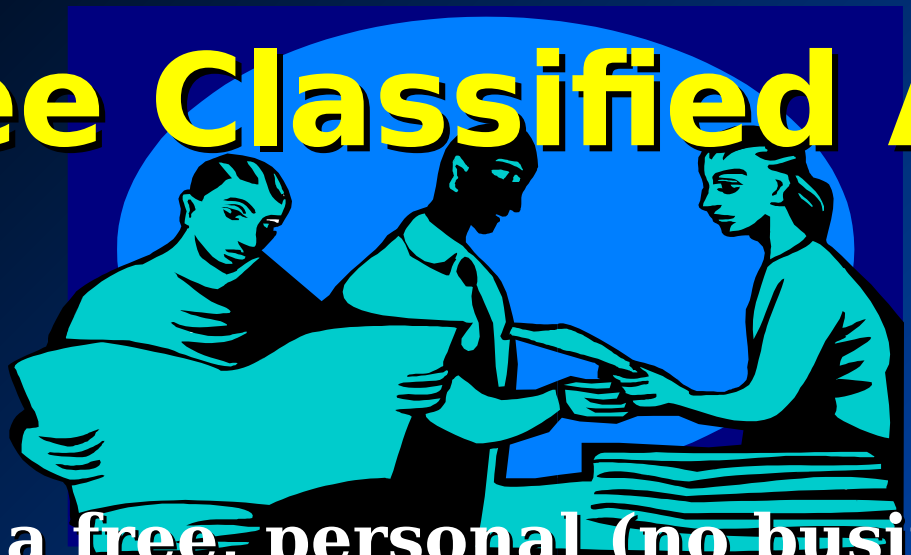
Stay Army Team

Channel 10



Navy & Marine Corps News, a weekly news magazine on the Seven Seas, airs daily at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

Free Classified Ads



Place a free, personal (no businesses, please) classified ad in the Mountaineer. Either stop by their office, Room 2180, Building 1550 or fax it to them at 526-1021. You must be active duty or retired military, a civilian employee at Ft. Carson or a family member.

“Brave Rifles - Veterans” **by Don Prechtel**

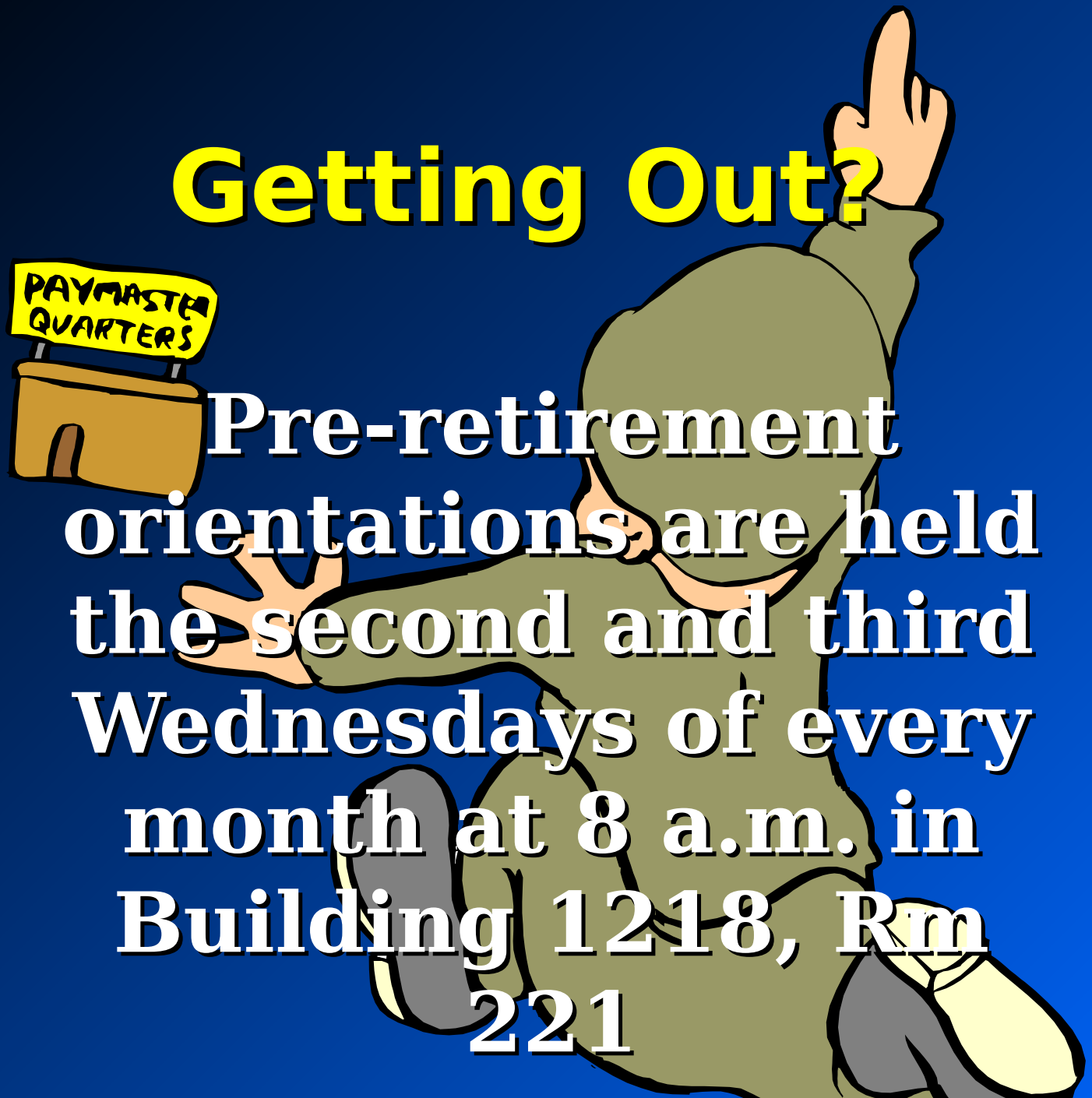
For sale at the 3rd ACR museum for $40

43rd Area Support Group

Senior counselor	526-9366
10 CSH/52ENG	526-9366
68CSB	526-4287
759MP Bn	526-8026

Stay Army Team

Getting Out?



Pre-retirement orientations are held the second and third Wednesdays of every month at 8 a.m. in Building 1218, Rm 221

The Sound of Music

Harmony in Motion, a vocal group which provides patriotic music for ceremonies, practices Tuesdays at 5:30 p.m. and Thursdays at 1 p.m. at Provider Chapel. If you are interested in joining, contact SSG Lenora Gogins-Watkins at 526-4302 or 964-0870.

Wellness Center Update

Until further notice, the Exercise Room at the Wellness Center will no longer be open on Saturdays. Also, the Exercise Room closes at 5 p.m. Monday-Thursday and 4 p.m. on Friday.

Got Financial Blues?

The Financial Readiness Program offers “Financial Planning for First Term Soldiers.”

Call 526-4590 for more information on these and other classes.

Check This Out

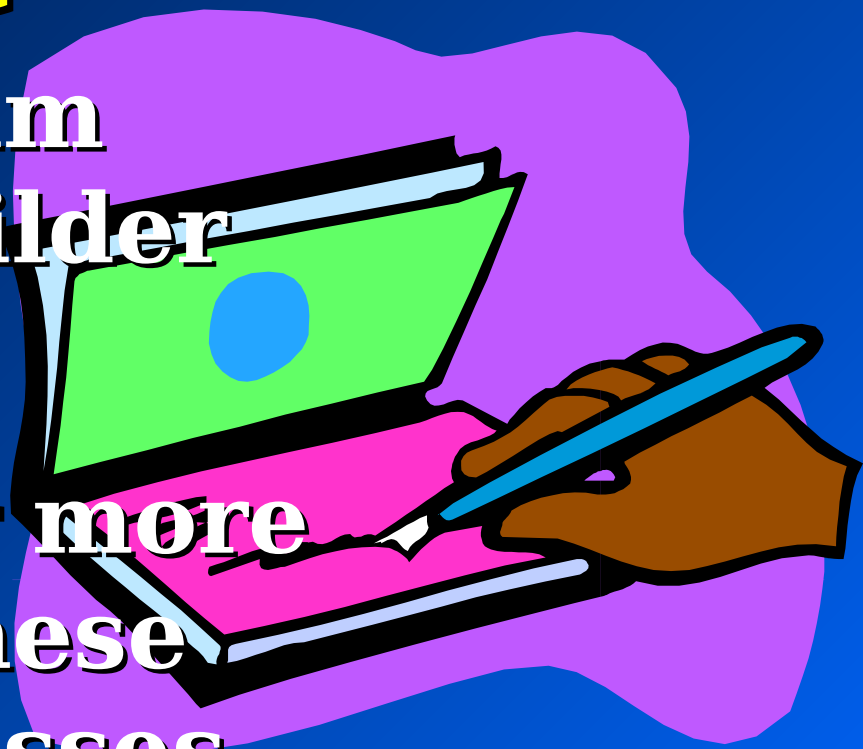
The Financial Readiness Program offers “Checkbook Management.”

Call 526-4590 for more information on these and other classes.

Credit Where Credit's Due

The Financial Readiness Program offers "Credit Builder Plus."

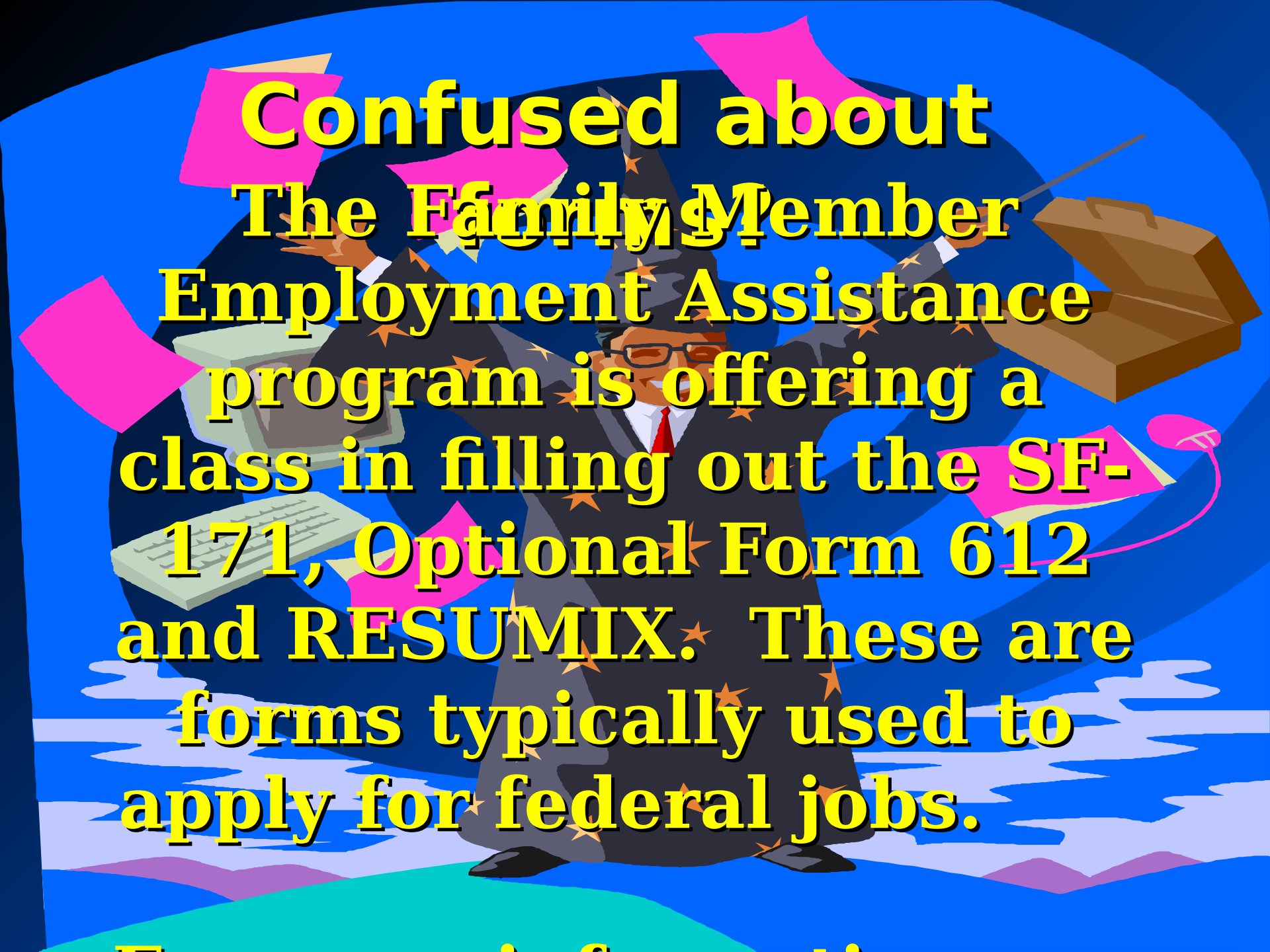
Call 526-4590 for more information on these and other classes.



Brown Bagging It

The Financial Readiness Program offers "Brown Bag for Financial Planing."

Call 526-4590 for more information on these and other classes.


Confused about
The Family Member
Employment Assistance
program is offering a
class in filling out the SF-
171, Optional Form 612
and RESUMIX. These are
forms typically used to
apply for federal jobs.

The Sgt. Audie Murphy Club will hold its monthly meeting on third Wednesday of the month at 11:30 a.m. at The Wellness Center.

For more information, call 526-2545

DECAM Hotline

The Directorate of Environmental Compliance & Management is looking to improve customer service.

If you have any good ideas on better ways to do DECAM business, call

Need to Read?

The Grant Post Library has paperback books available to deploying troops.

Call 526-8144 for more

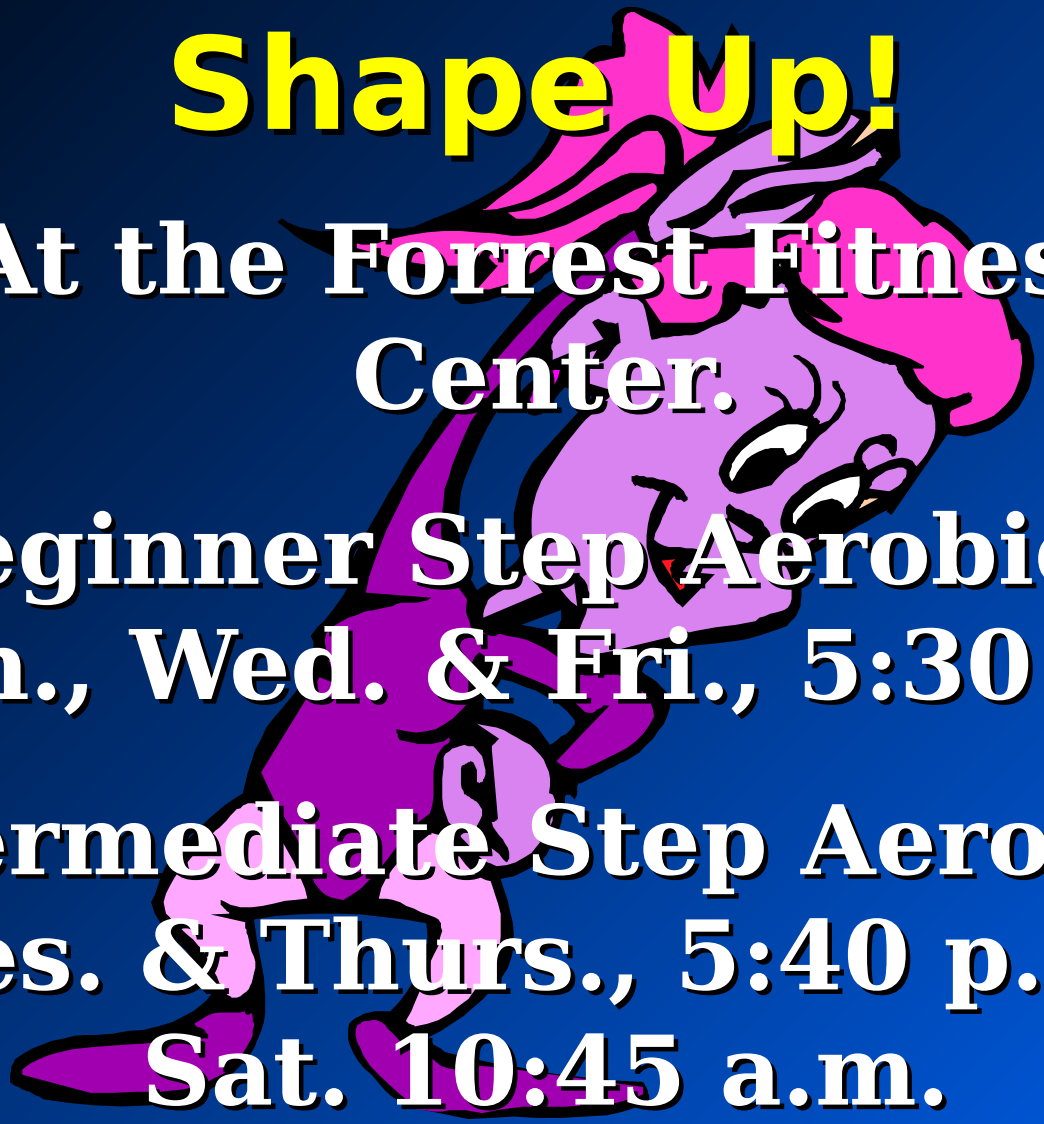
In the News!!!

Something important happen to you or someone in your command?

Let the folks back home know!

Contact SFC Doraine McNutt at 526-3420 if you

Shape Up!



At the Forrest Fitness Center.

Beginner Step Aerobics: Mon., Wed. & Fri., 5:30 p.m.

Intermediate Step Aerobics: Tues. & Thurs., 5:40 p.m. & Sat. 10:45 a.m.

For more information, call

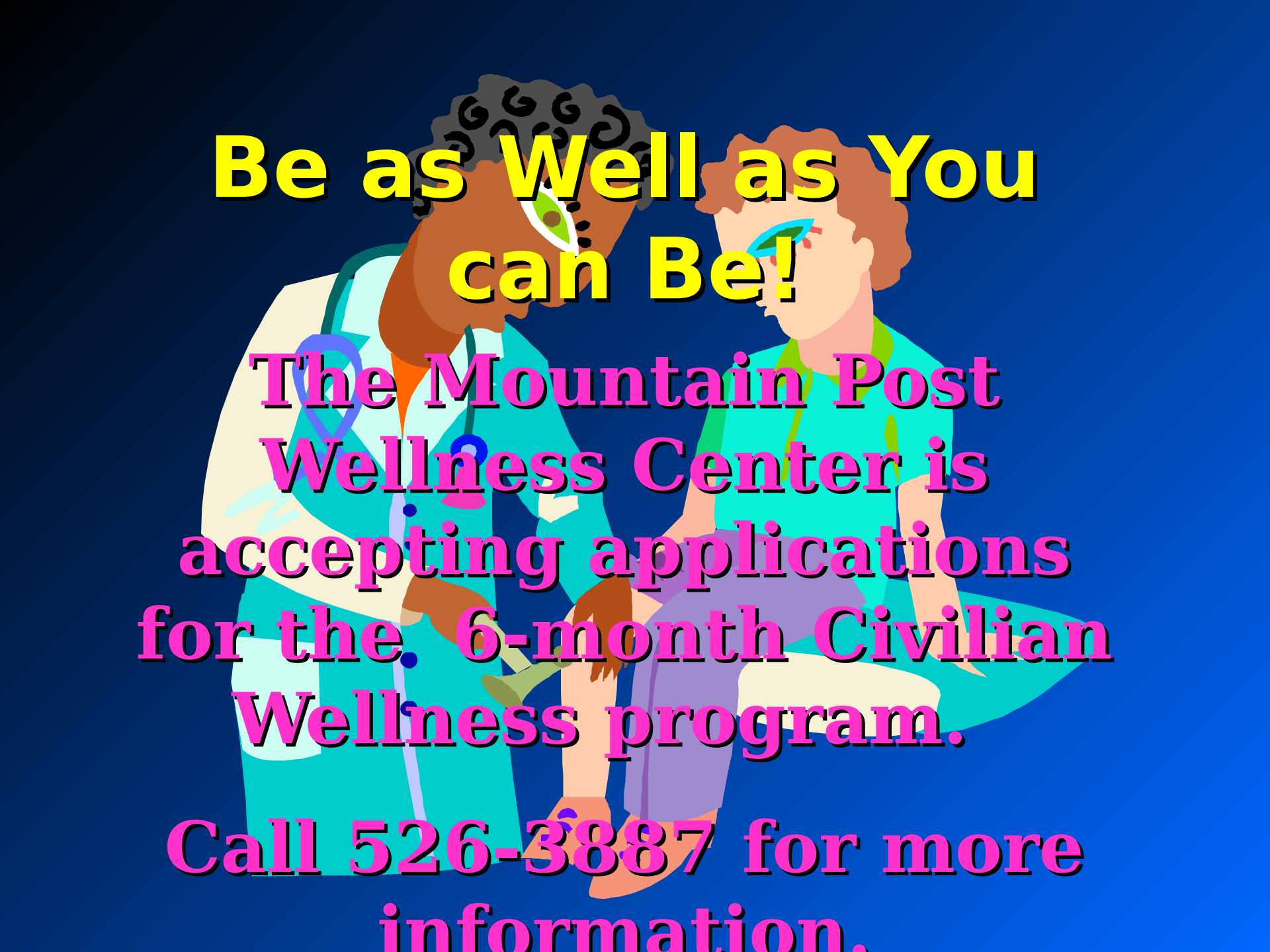
Shape Up!

At the Forrest Fitness Center.

4-Step Advanced Aerobics: Mon. & Wed. 4:15 p.m.

Body Sculpting: Tues. & Thurs., 4:30 p.m.

Call 526-2706 for more



Be as Well as You can Be!

The Mountain Post Wellness Center is accepting applications for the 6-month Civilian Wellness program.

Call 526-3887 for more information.

Let's Go Swimming!

The Fort Carson Indoor Aquatic Center is opened as follows:

Saturdays, Sundays & Holidays

Lap Swim 11 a.m.-12 noon

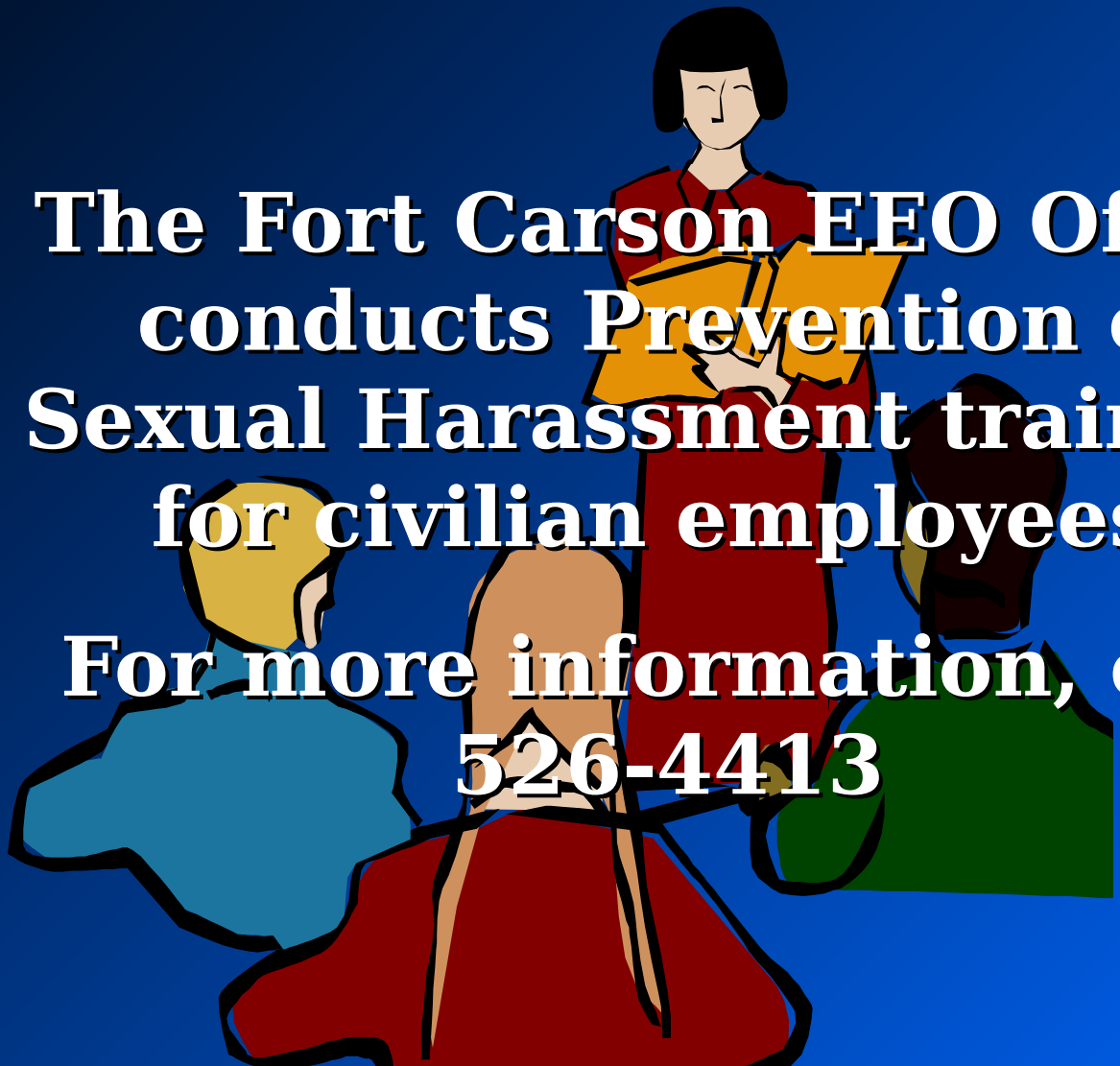
Open Swim 12 noon-6 p.m.

Safety First!

The Fort Carson Safety Office holds classes in Safety Officer training, Hazard Communication Train-the-Trainer and Local Radiation Protection Officer course.

For times and more information call 526-8044

POSH



The Fort Carson EEO Office conducts Prevention of Sexual Harassment training for civilian employees.

For more information, call 526-4413

Emergency!

The American Red Cross has a new toll-free number for emergency communications. It is 1-877-272-7337. For all non-emergency issues, contact the local

Volunteers Needed

The American Red Cross needs volunteers in leadership positions, public speaking at pre-deployment briefings and other public events.

For more information, call 526-2311.

Dental Assistants

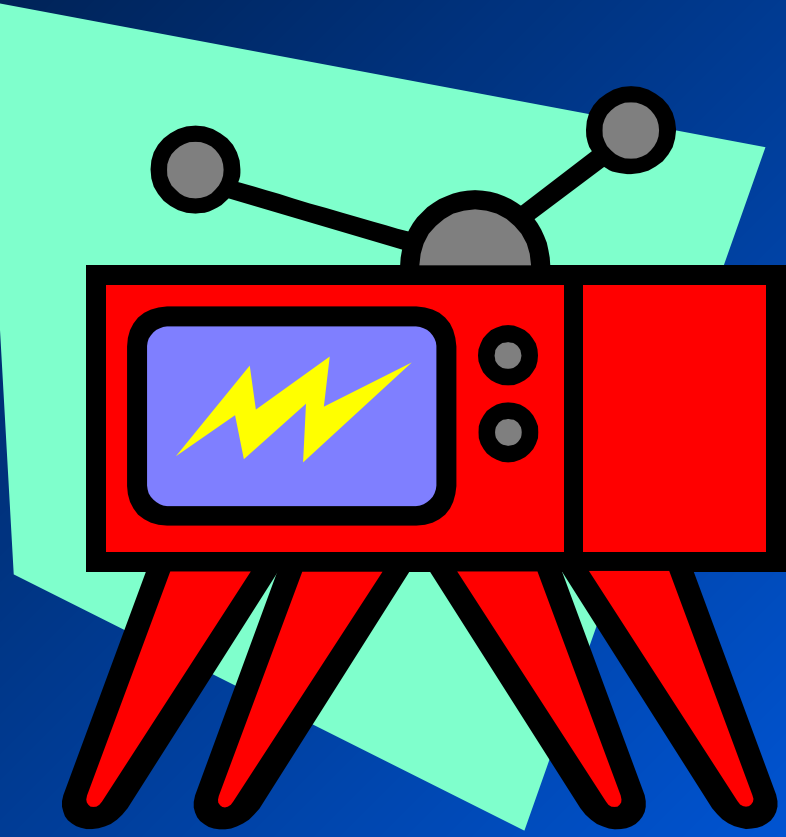
Applications are being accepted for the Volunteer Dental Assistant Program beginning Sept. 1.

Call 526-2311 for more information.

Teleconferencing

The Family Readiness Operations Center will be available for teleconferencing on Tues. & Thurs. from 10 a.m. to 2 p.m. Call 526-4590 for more information

Channel 10



Army Newswatch, a biweekly news magazine of Army events around the world, airs daily at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

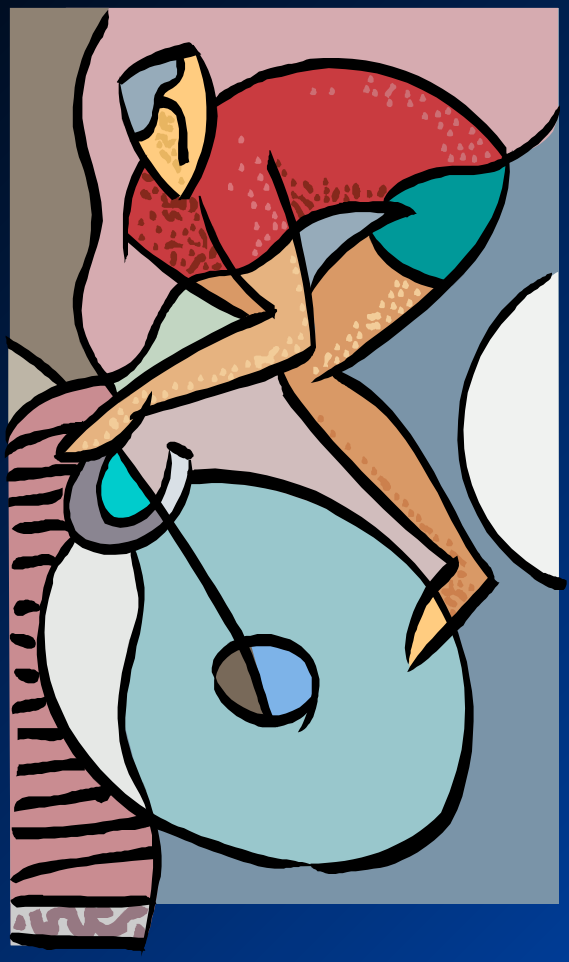
Enlisted Spouses!

The Enlisted Spouses Charitable Organization meets quarterly at Family Connection at 7 p.m. The next meeting will be announced.

Call 393-

ACAP

Separating or retiring during or after a deployment? Register for ACAP early at Bldg. 1118.

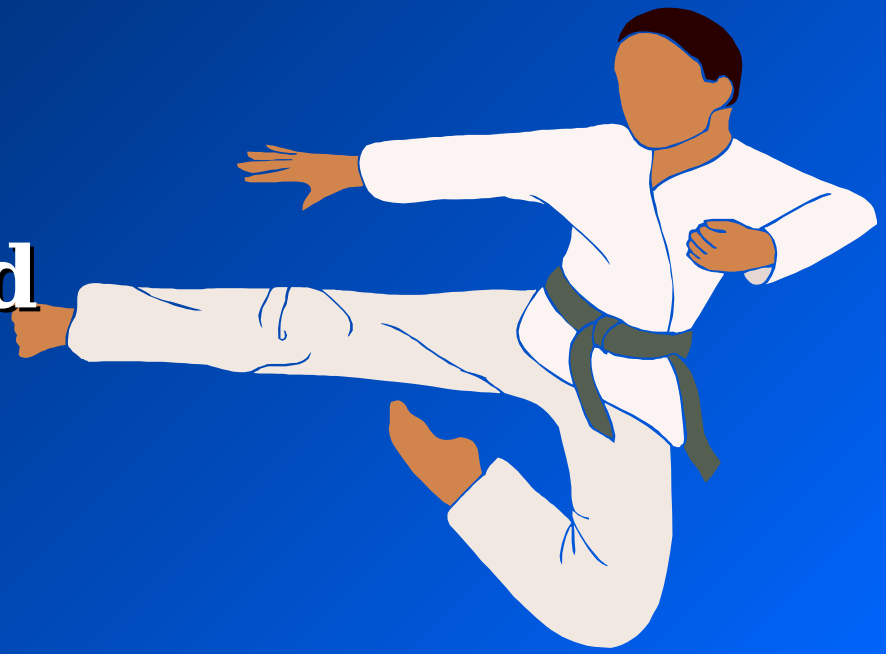


Bicycle Spinning

Free bicycle spinning classes are held Monday through Wednesday at 5 & 6 p.m. at the Post Physical Fitness Center

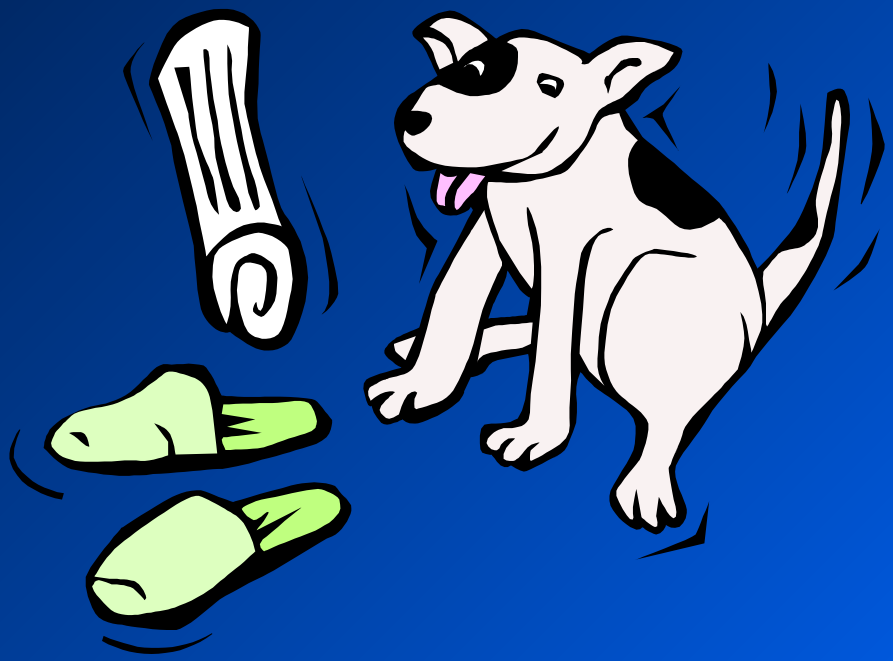
Tae Kwon Do for ages 5 and up

Tae Kwon Do classes are being offered at Child and Youth Services Thursdays and Fridays, 5:30-6:30 p.m. Call 526-



Where can I find a Mountaineer?

Free home delivery to on-post family housing residents

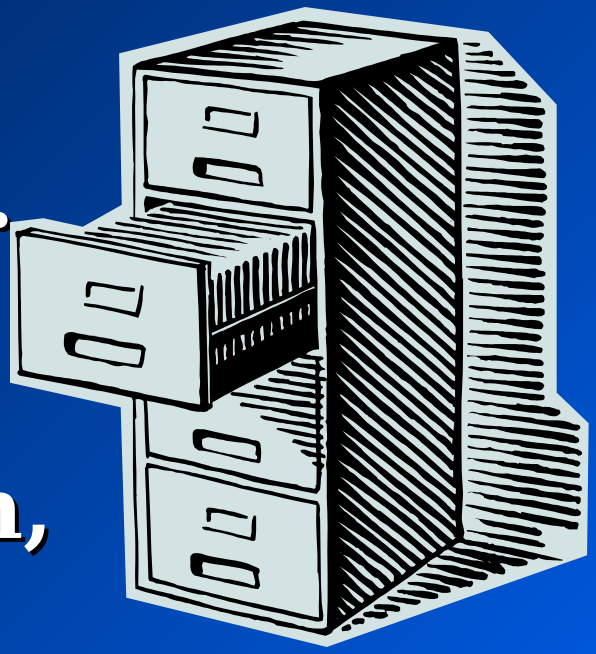


Partners in Reading

Volunteer as a Reading Partner with Fort Carson schools. Call the Fort Carson Volunteer Coordinator at 526-4590 for more information.

Make your MARKS

MARKS classes are being offered on throughout the year.



For more information, contact Duane Gregorich at 526-2107.

Family Housing

Service Order Desk:

579-1605

Family Housing

Management

579-1606

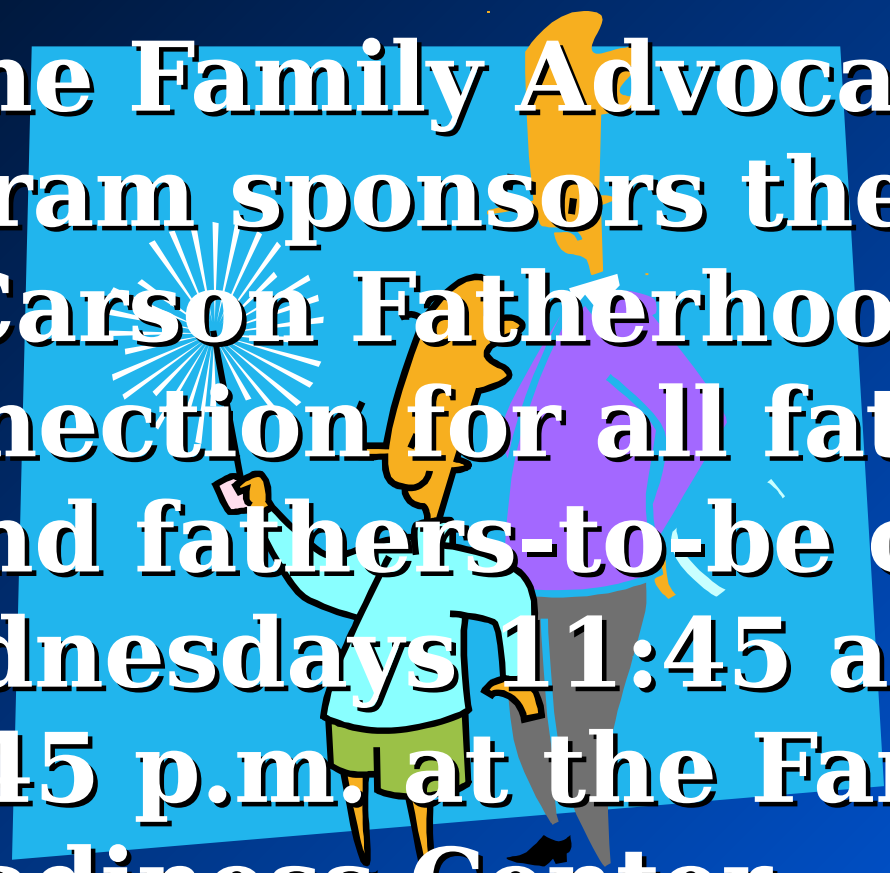
Family Housing

Omni Management Service, which manages Fort Carson Family Housing for GMH Military Housing is located in Bldg 7301

Food Stamps Recipients

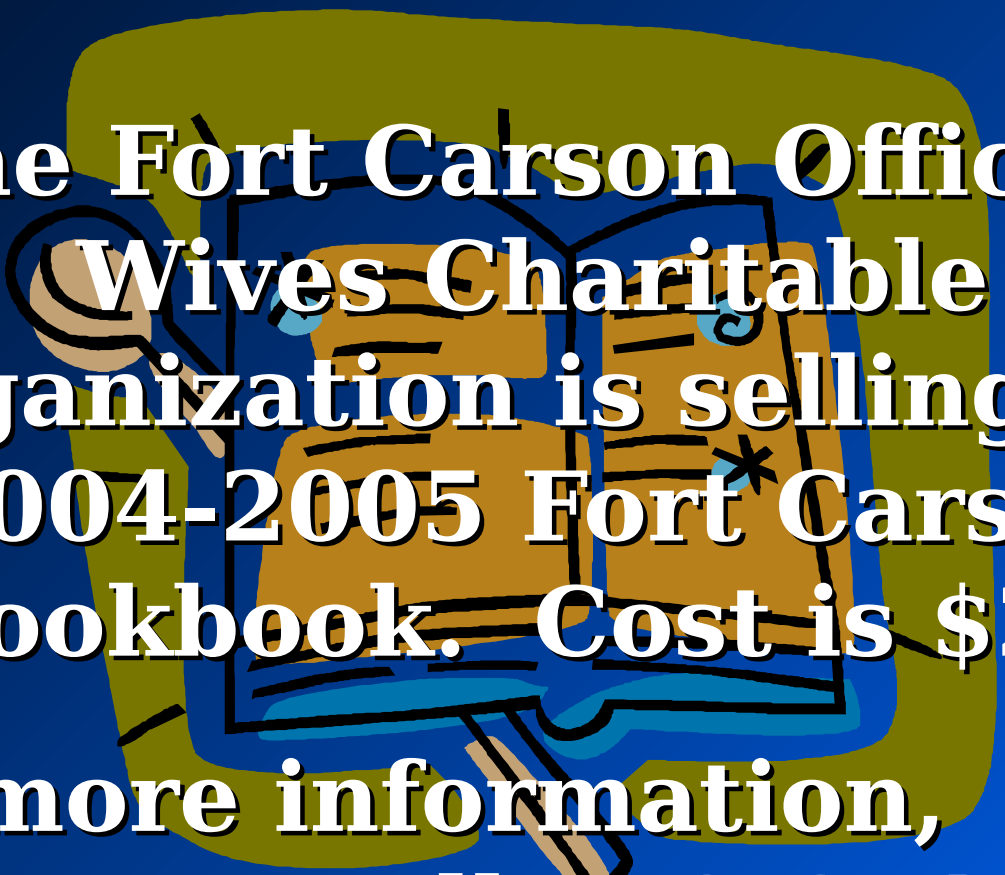
If you live in privatized housing on post and receive food stamps, please contact the ACS Financial Readiness Program at 526-4590. Because in changes of BAH reporting, you may no longer be eligible for this program and the ACS has additional important information for

Gee, Dad!



The Family Advocacy program sponsors the Fort Carson Fatherhood Connection for all fathers and fathers-to-be on Wednesdays 11:45 a.m.-12:45 p.m. at the Family Readiness Center. For more information, call 526-4590.

Cookbook



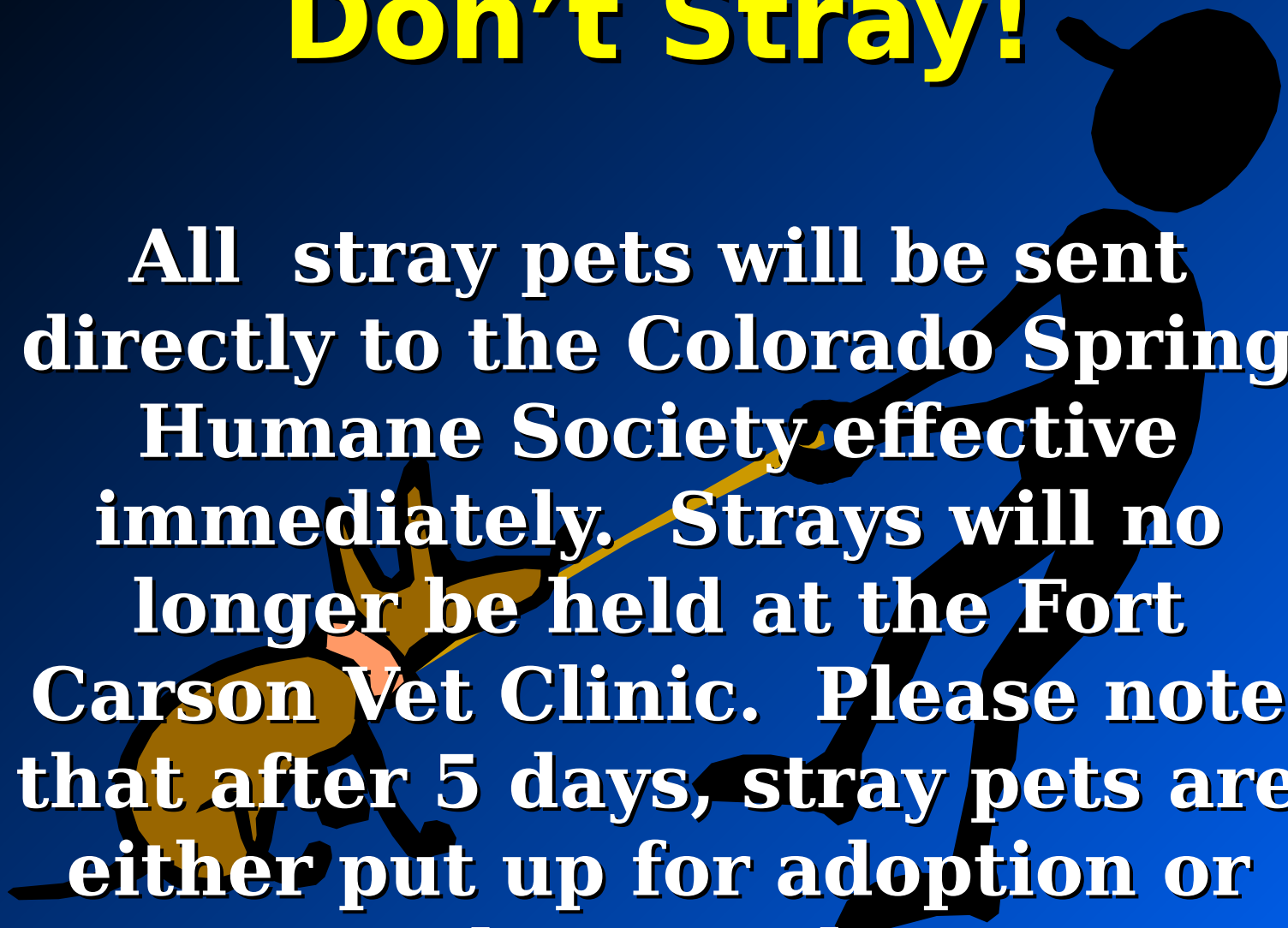
The Fort Carson Officers Wives Charitable Organization is selling the 2004-2005 Fort Carson Cookbook. Cost is $20.

For more information, call 559-6544

Register Now!

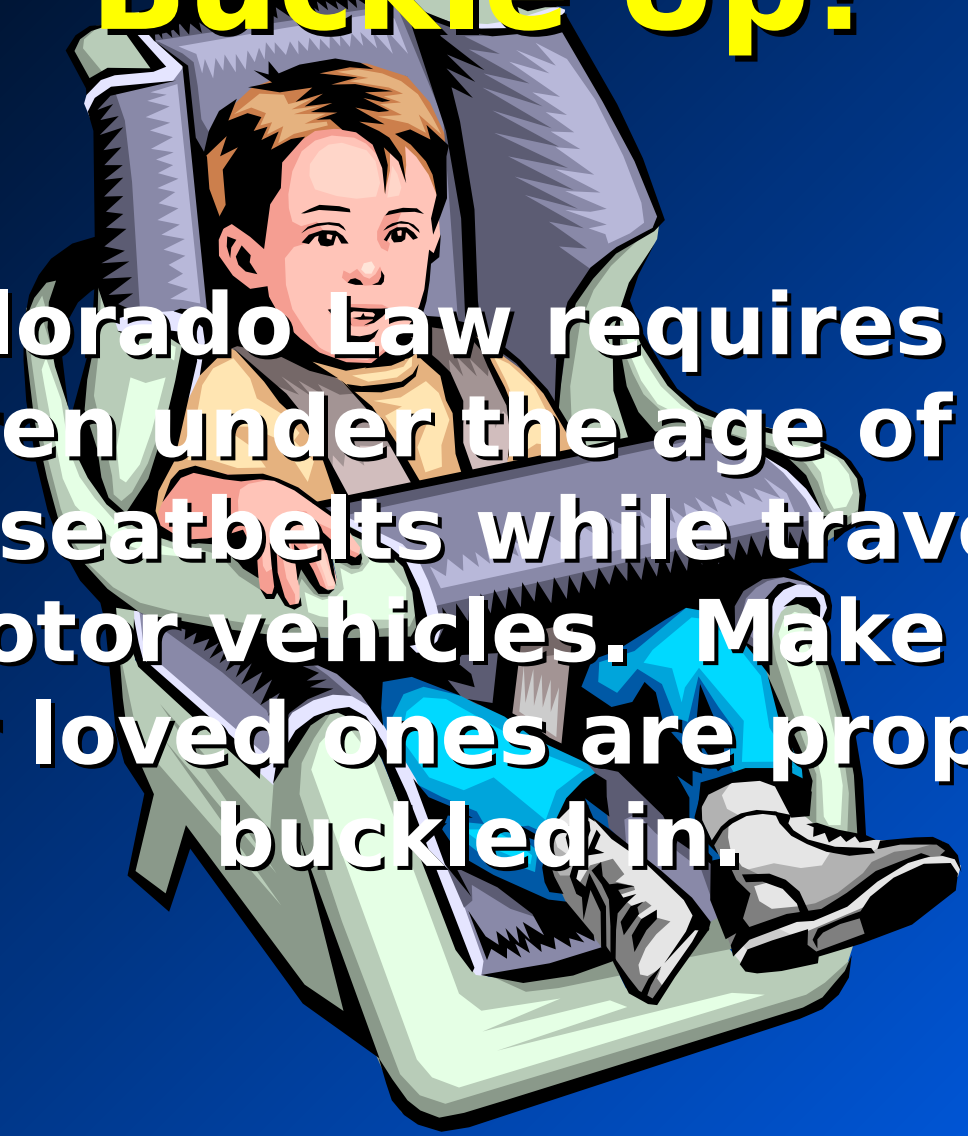
All dogs and cats must be registered at the Fort Carson Veterinary Treatment Facility within 10 days of arrival on post. On-post animals that spend time outdoors are required to have a non-alterable microchip implanted.

Don’t Stray!



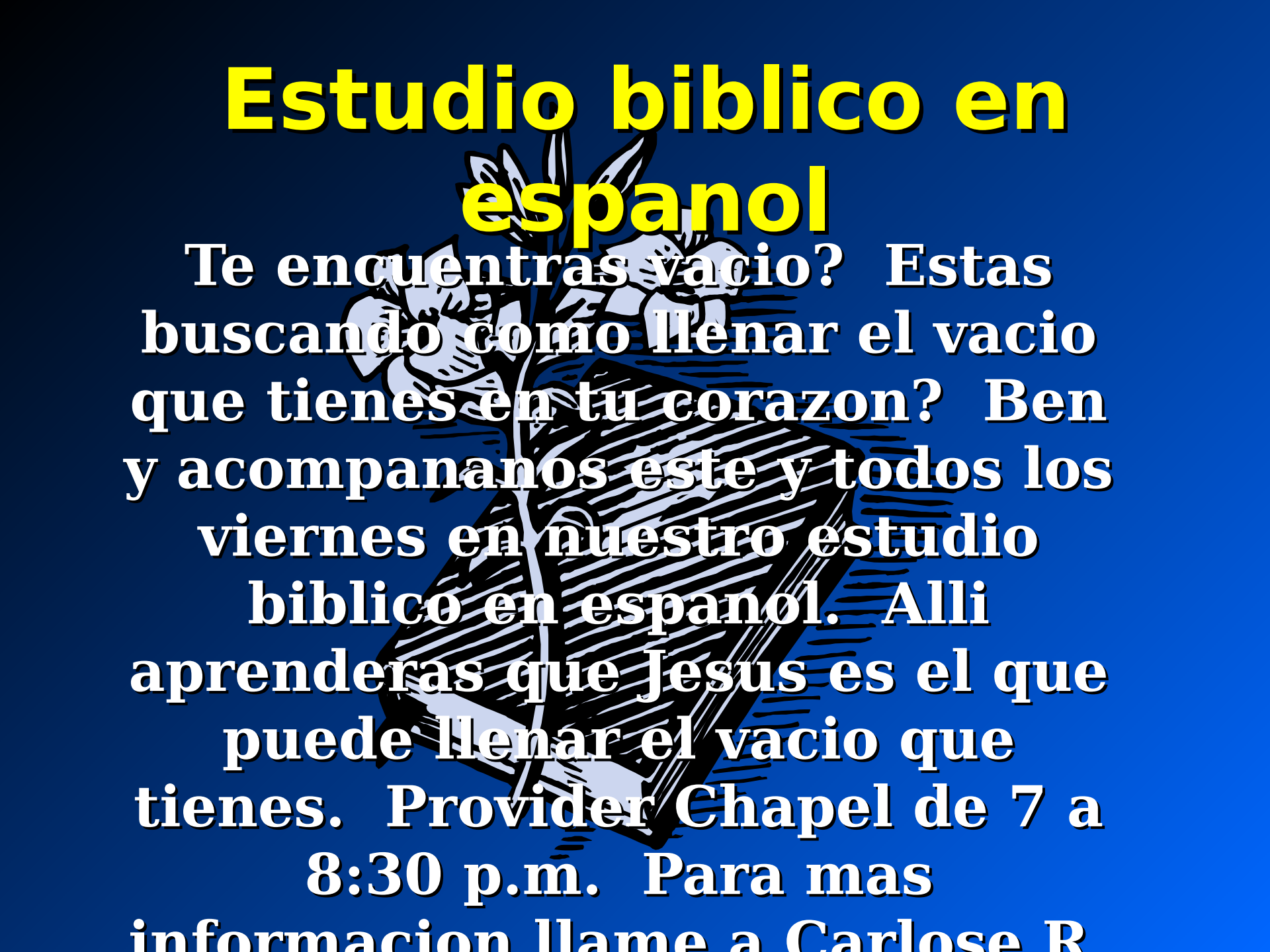
All stray pets will be sent directly to the Colorado Spring Humane Society effective immediately. Strays will no longer be held at the Fort Carson Vet Clinic. Please note that after 5 days, stray pets are either put up for adoption or destroyed.

Buckle Up!



Colorado Law requires *all* children under the age of 16 to wear seatbelts while travelling in motor vehicles. Make sure your loved ones are properly buckled in.

Estudio biblico en espanol

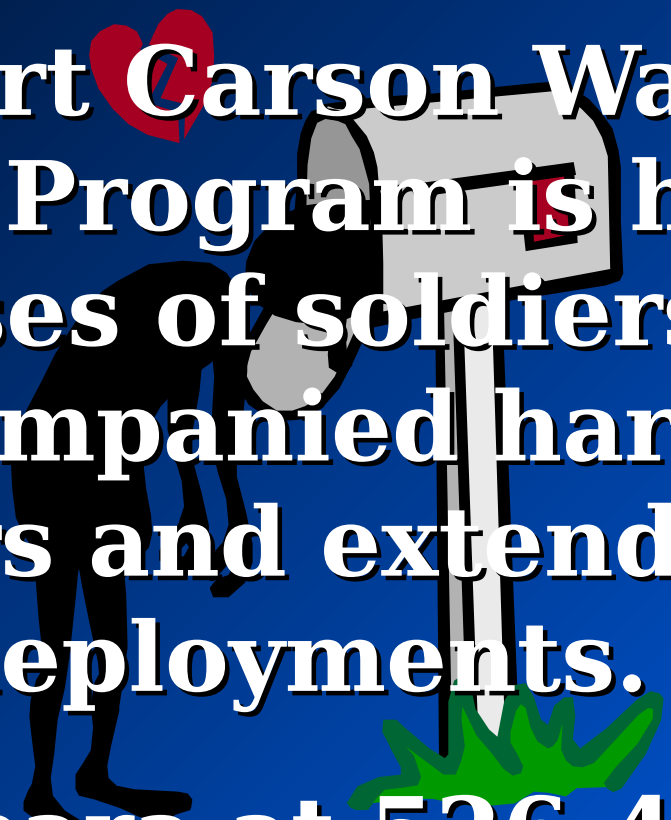


Te encuentras vacio? Estas buscando como llenar el vacio que tienes en tu corazon? Ben y acompananos este y todos los viernes en nuestro estudio biblico en espanol. Alli aprenderas que Jesus es el que puede llenar el vacio que tienes. Provider Chapel de 7 a 8:30 p.m. Para mas informacion llame a Carlose R

Curfew in Effect!

Unmarried persons under the age of 18 will not be in a public place on Fort Carson between 10 p.m. and 6 a.m. Sundays through Thursdays and midnight through 6 a.m. Friday and Saturday unless accompanied by parent, guardian or on an

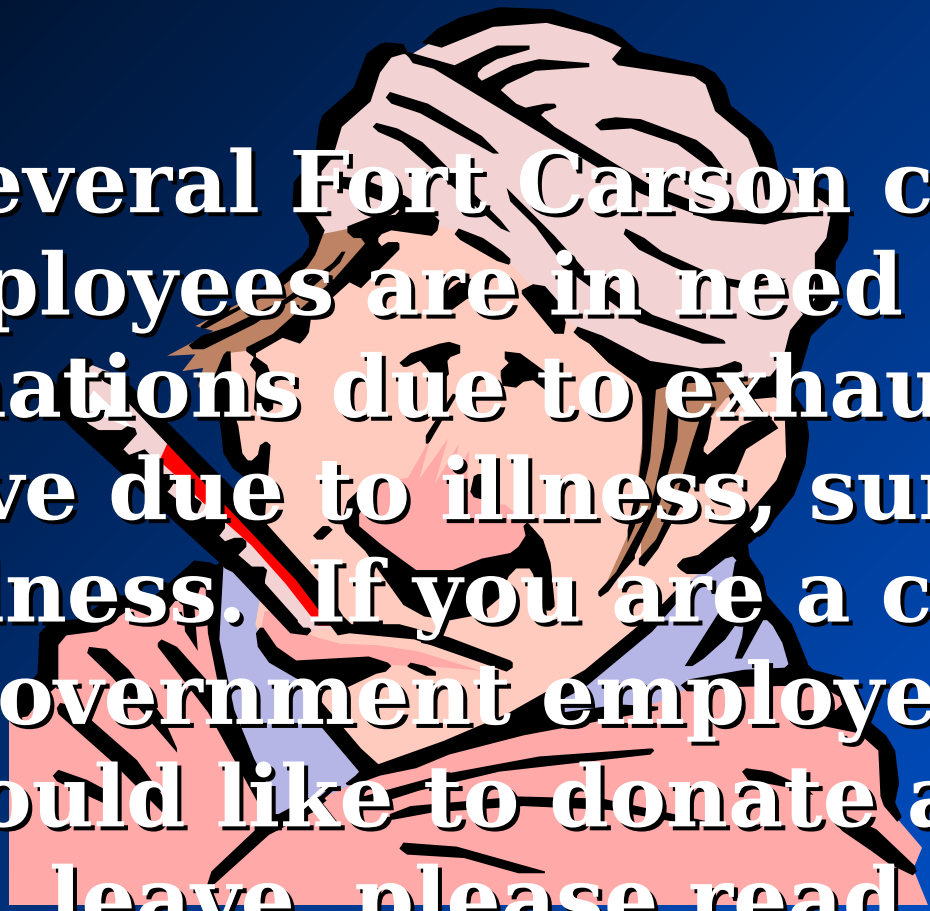
Waiting Families



The Fort Carson Waiting Families Program is here for spouses of soldiers on unaccompanied hardship tours and extended deployments.

Call Barbara at 526-4590 for more information.

Leave Needed!



Several Fort Carson civilian employees are in need of leave donations due to exhaustion of leave due to illness, surgery or illness. If you are a civilian government employee and would like to donate annual leave, please read the Community Events in the Happenings Section of the

Vehicle Registration

All vehicles operating on Fort Carson are required to display post registration decals.

You can register your car at the Main Vehicle Registration Office at Gate 1.

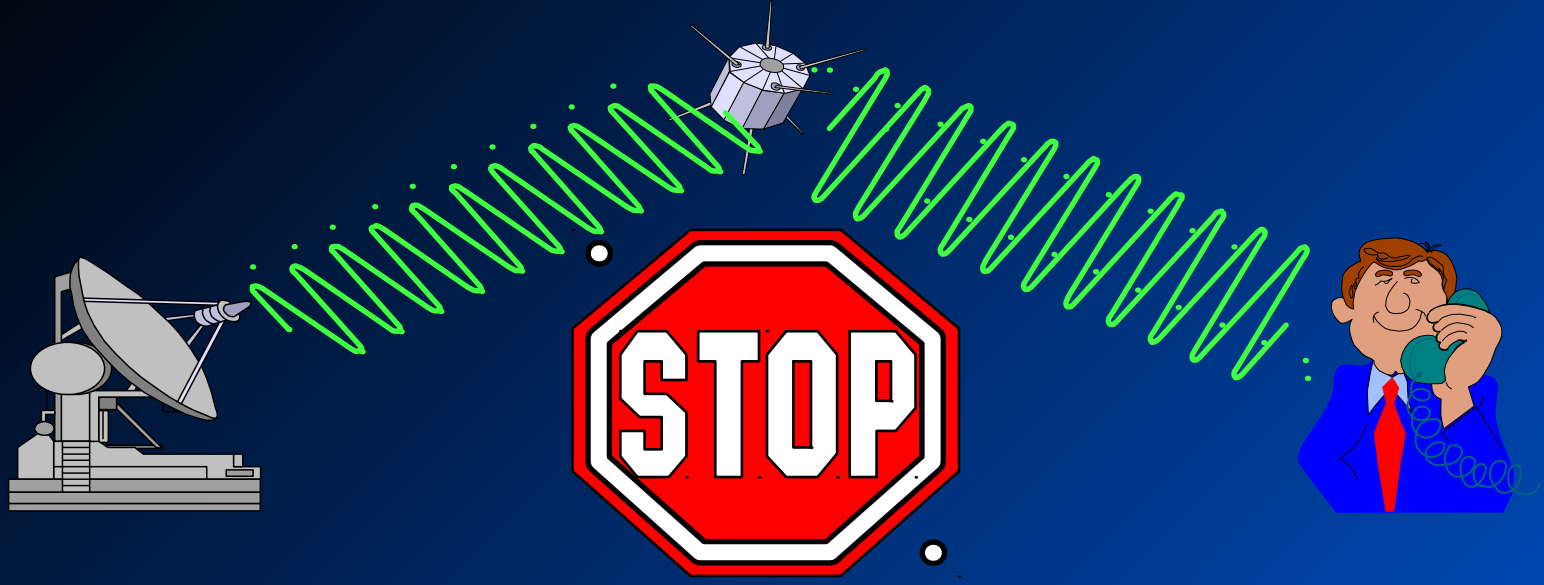
Are You Protecting Critical Information?

Keys to Better Computer Security

1. Use only government approved software
2. Mark all computers and disks system high
3. Virus scan all disks prior to use
4. Protect your passwords
5. Change passwords as personnel rotate out
6. Secure classified disks and hard drives
7. Know your network connectivity

Practice Effective OPSEC

Contact Your Unit OPSEC Program Manager for more Information



YOUR PHONE CALL MAY BE MONITORED!

Discuss classified or sensitive information only on secure telephones

Know and protect your unit Critical Information

PRACTICE EFFECTIVE OPSEC!

Contact your unit OPSEC Manager if you have questions

Are You Protecting Critical Information?

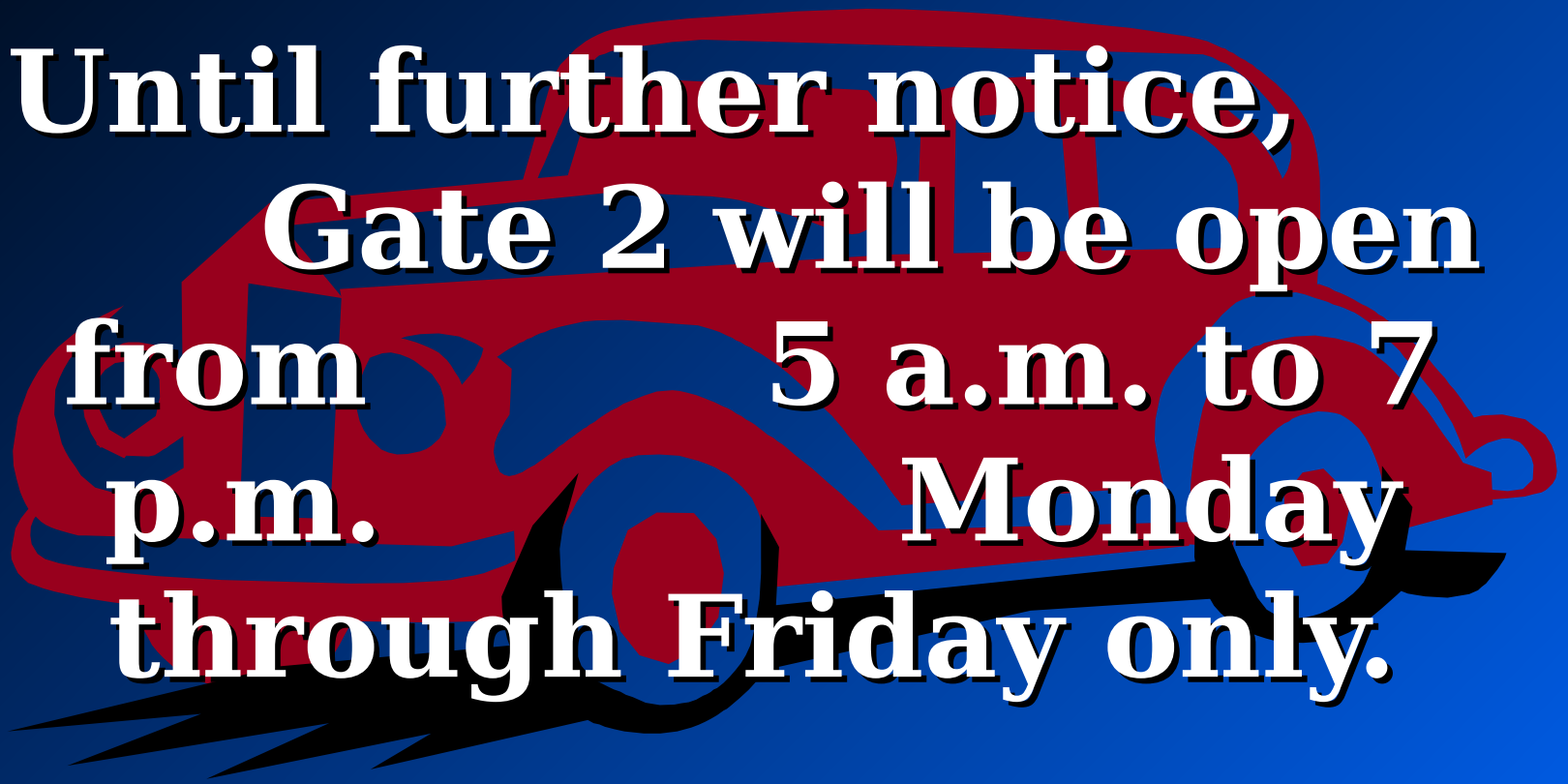
Family Information:

You may know information not released to the general public. Do not discuss spouse deployment details with other people or the news media. Terrorists may use that information to hurt the ones you love.

Practice Effective OPSEC

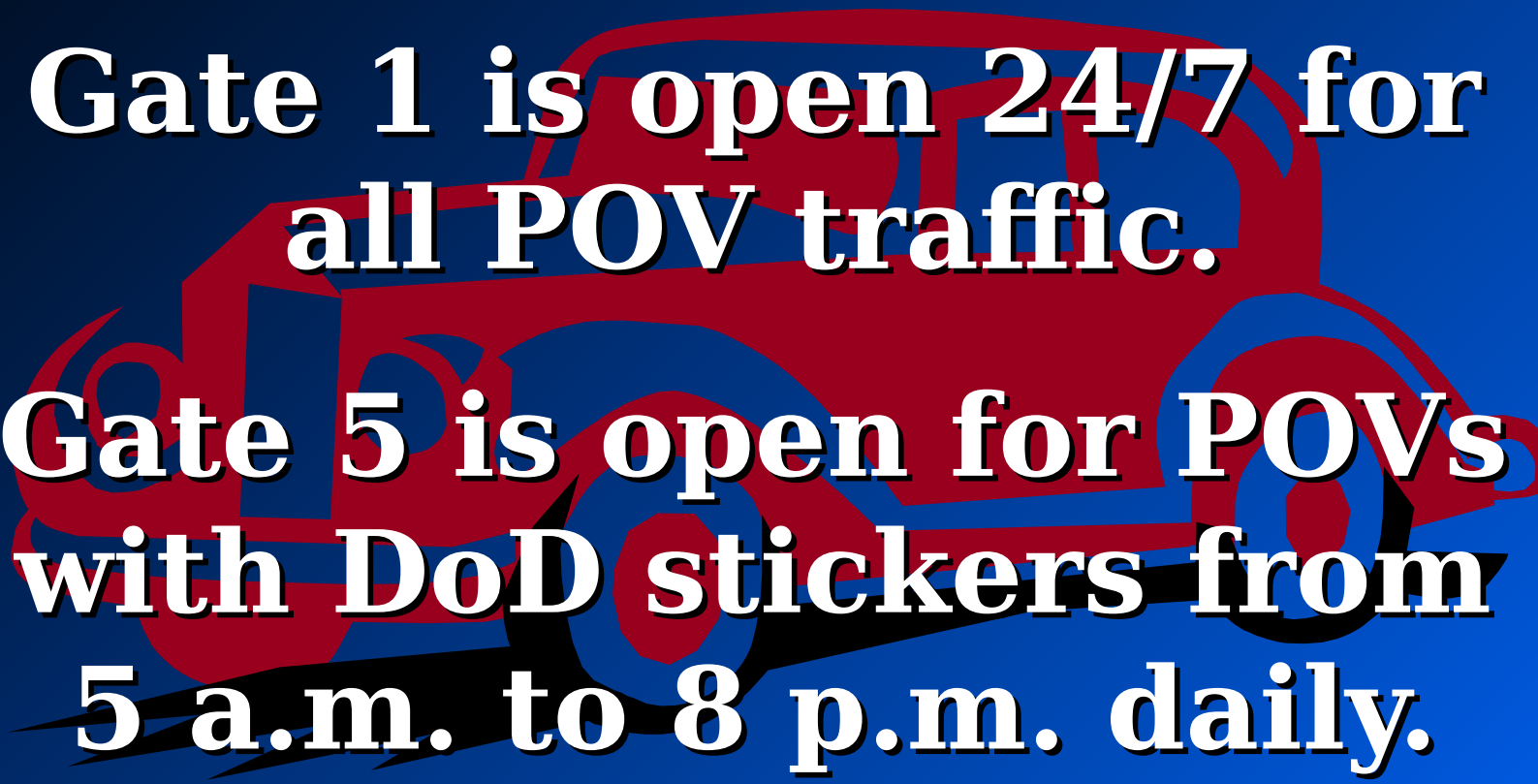
Contact Your Unit OPSEC Program Manager for more Information

Post Access



Until further notice, Gate 2 will be open from 5 a.m. to 7 p.m. Monday through Friday only.

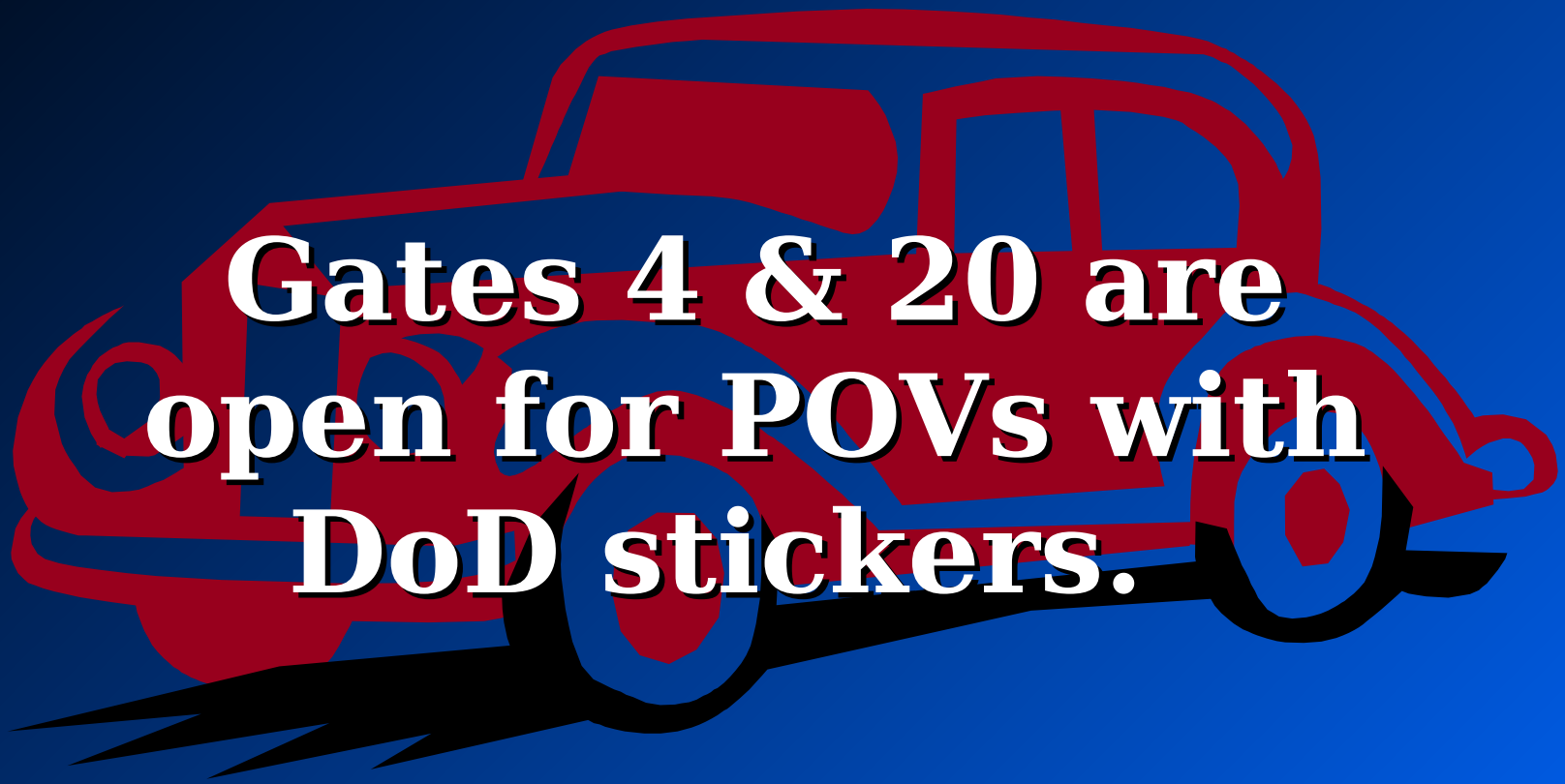
Post Access



Gate 1 is open 24/7 for all POV traffic.

Gate 5 is open for POVs with DoD stickers from 5 a.m. to 8 p.m. daily.

Post Access



Gates 4 & 20 are open for POVs with DoD stickers.

Water Restrictions

Water restrictions are in effect as of April 15 in Colorado Springs and Fort Carson.

Odd numbered houses may water on Tuesday and Saturday only.

Even numbered houses may water on Wednesday and Sunday only.

Water between midnight and 9 a.m. or 6 p.m. to

Water Restrictions

If you have problems with sprinkler systems, call:

For housing sprinklers, 579-1605

For other buildings, 526-5345

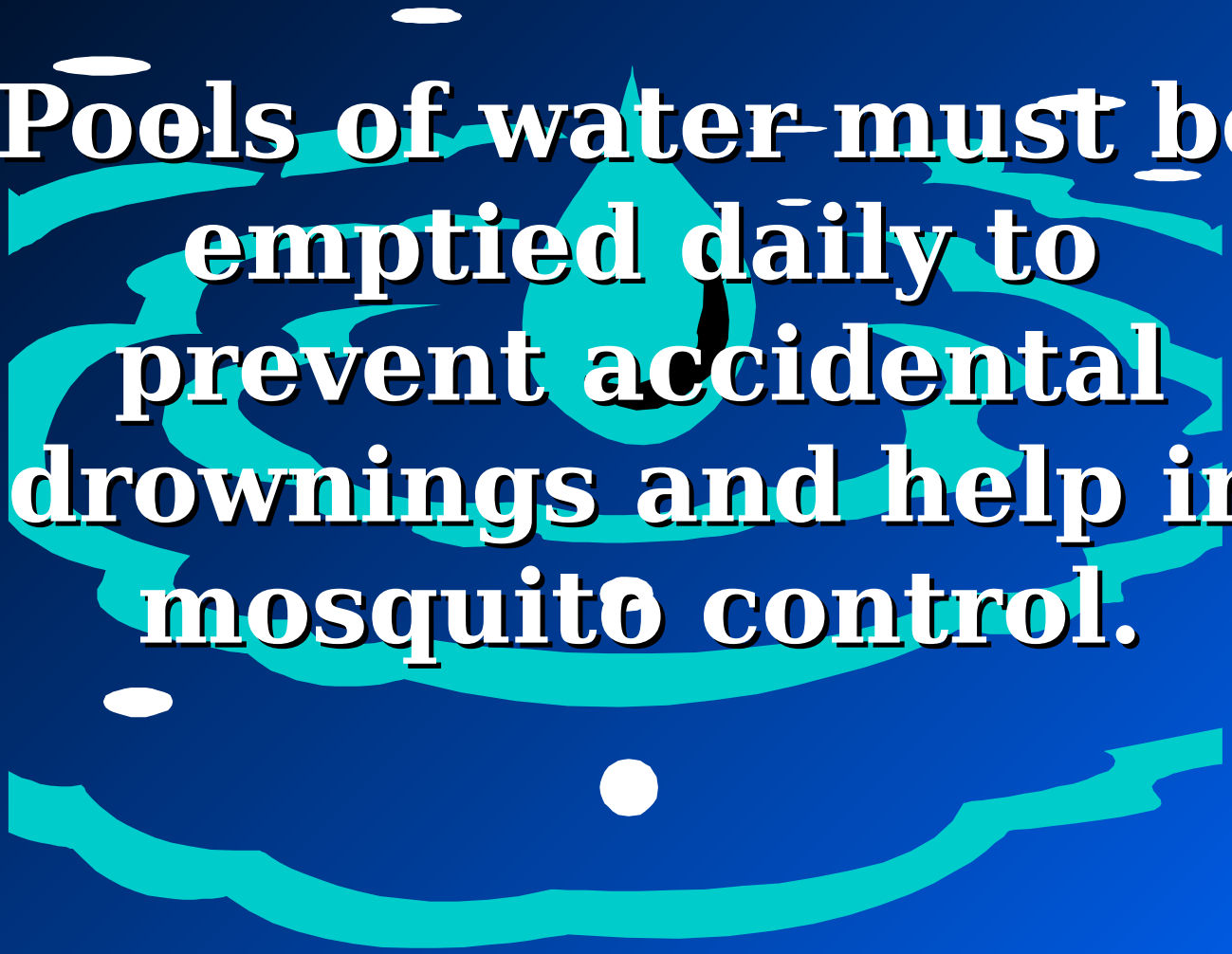
Water Restrictions

To obtain irrigation permits for new landscaping, grass seed or sod, you must get a work permit from DPW, Bldg. 305, Rm. 125, 526-1695.

Water Restrictions

Wash motor vehicles, trailers and boats only on your designated watering day and hoses must have positive shutoff valves. Fund raising car washes are prohibited until further notice.

Water Restrictions



Pools of water must be emptied daily to prevent accidental drownings and help in mosquito control.

Alcoholics Anonymous

AA meets at Evans Army Community Hospital, 4th Floor Wing, Rm. 4918, every Thursday from noon-1 p.m. All Fort Carson personnel are welcome. Call 526-2862 for more information.

Wounded Troops Fund

If you are the family member of a soldier wounded overseas, you may be eligible for assistance from the Pikes Peak United Way. For more information or to request assistance, call The Home Front Cares at 447-3838

or ACS at 526-4590.

Preference Points to Deployed Soldiers

Soldiers who have been deployed to Operation Iraqi Freedom may be eligible to purchase leftover hunting licenses prior to the general public. Call the DECAM Wildlife Office at 579-9094 for more information.

Emergency Family Assistance Center

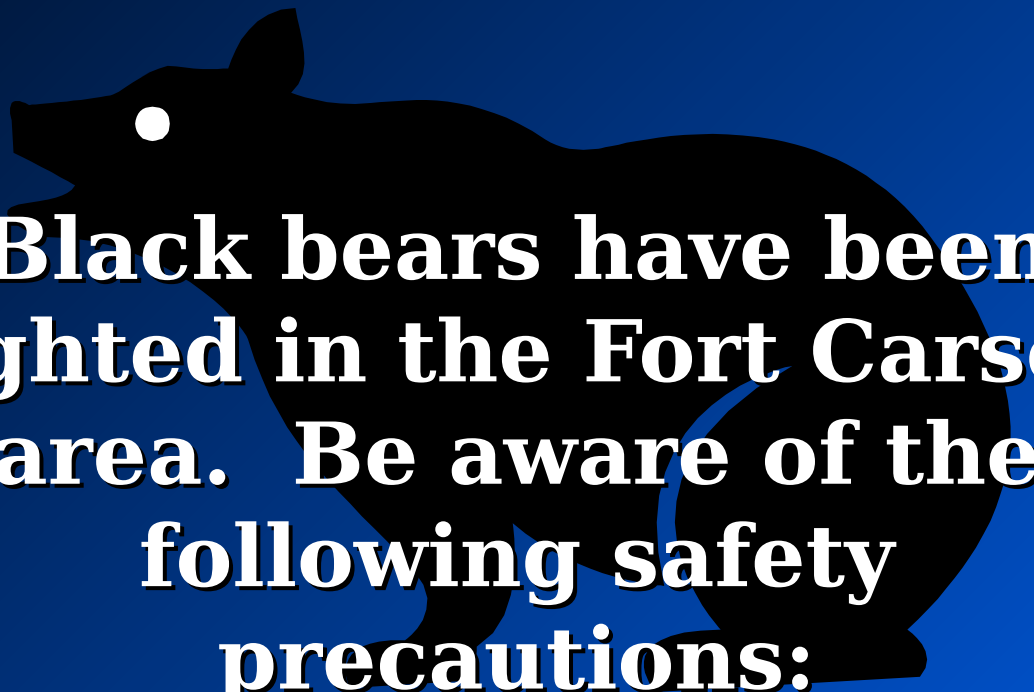
Families in need of ACS assistance can call the below numbers:

526-4590 526-4591 526-4592 and 526-3116.

If you are outside Colorado, you can call back toll-free to

1-866-804-8763

Black Bear Warning

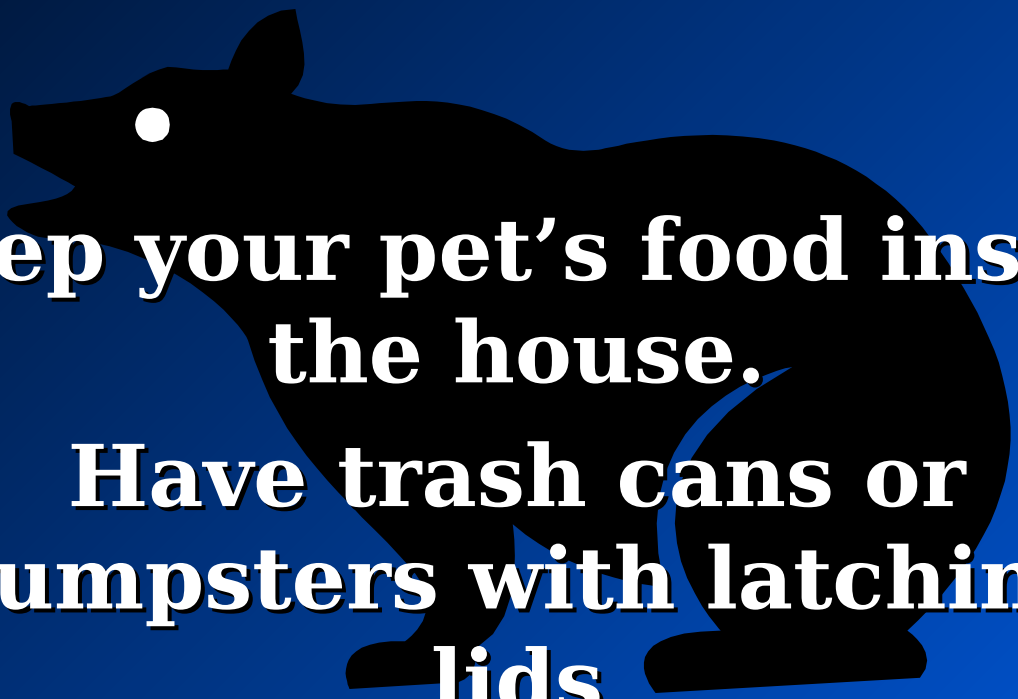


- Black bears have been sighted in the Fort Carson area. Be aware of the following safety precautions:

Black Bear Warning

- **Do not feed wildlife: When a bear finds easy food, it will return.**

Black Bear Warning

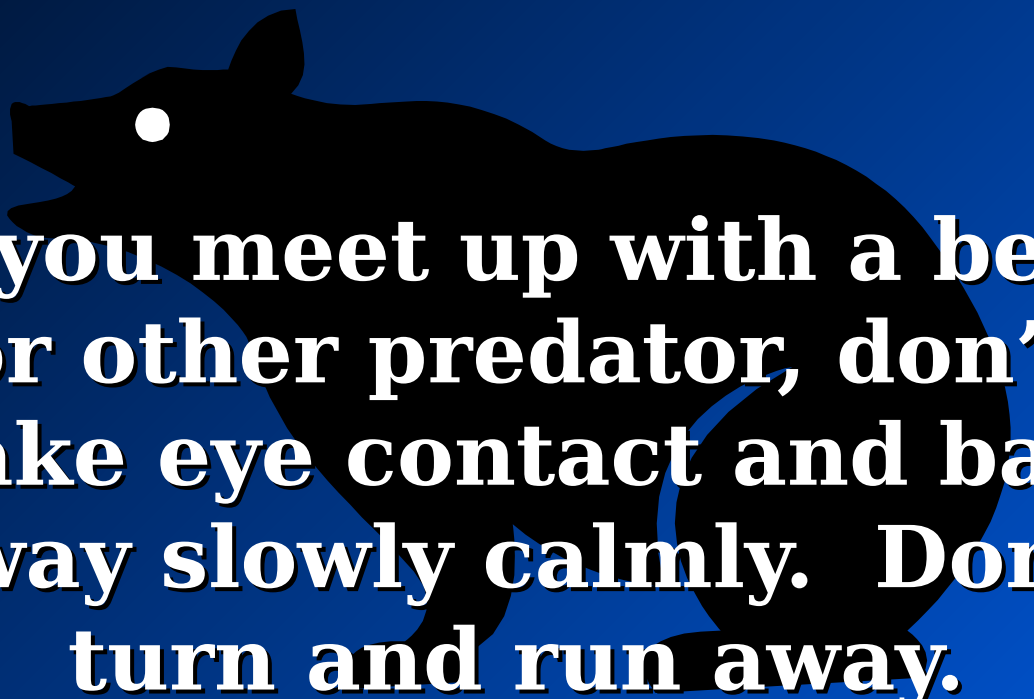


- Keep your pet’s food inside the house.
- Have trash cans or dumpsters with latching lids

Black Bear Warning

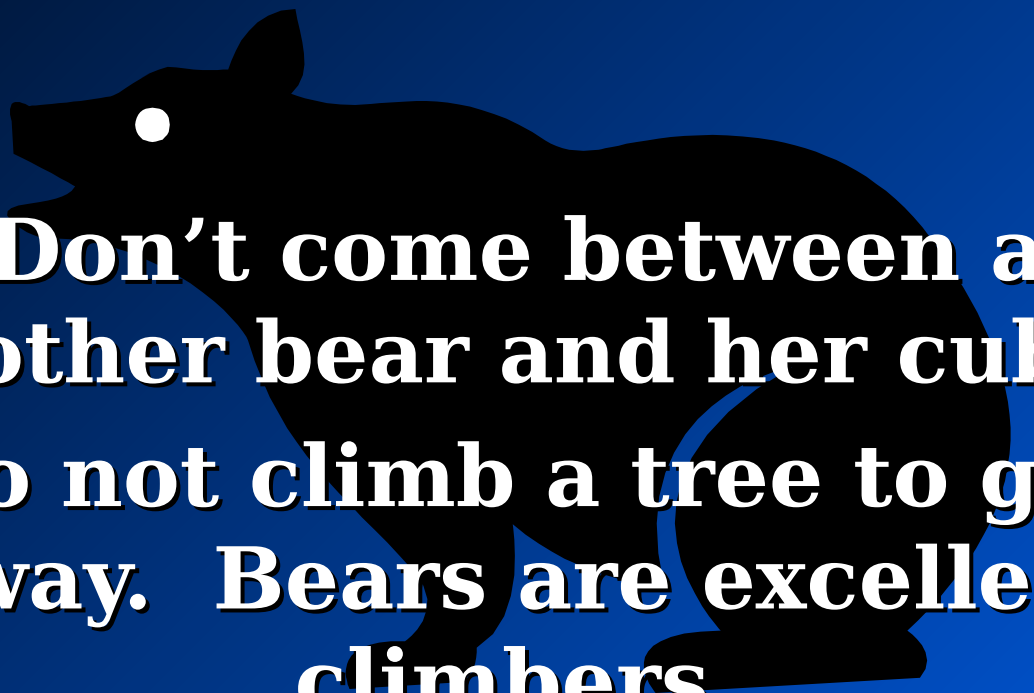
- Keep your yard clean, including BBQ grills
- Never feed a bear, even if it looks cute and cuddly

Black Bear Warning



- If you meet up with a bear or other predator, don’t make eye contact and back away slowly calmly. Don’t turn and run away.

Black Bear Warning



- Don’t come between a mother bear and her cubs!
- Do not climb a tree to get away. Bears are excellent climbers.

Black Bear Warning

- Fight back if attacked.
- Use rocks, sticks or even your hands.

Black Bear Warning

- Report wild animal sightings to DECAM Wildlife Office at 579-9088

Ho Ho Ho!

Need a Santa suit for that special occasion? The Officers Spouses' Club has them for rent for $25

Call 392-4072 to make your reservation.

Meeting or Party?

Consider using the Waa-Nibe Carson House for your next FRG or Unit meeting, promotion party or other function.

Call 392-4072 for more information.

Good to Great by 2008

Community information meetings will be held at District 8 Fountain-Fort Carson schools to update the community on the goals of the District.

The first meeting will be held at Patriot Elementary School Oct. 25 7-9 p.m.

For more information call

382-1311.

Good to Great by 2008

Community information meetings will be held at District 8 Fountain-Fort Carson schools to update the community on the goals of the District.

The second meeting will be held at Mesa Elementary School Oct. 26 7-9 p.m.

For more information call

382-1311.

Good to Great by 2008

Community information meetings will be held at District 8 Fountain-Fort Carson schools to update the community on the goals of the District.

The third meeting will be held at Jordahl Elementary School Oct. 28 7-9 p.m.

For more information call

382-1311.